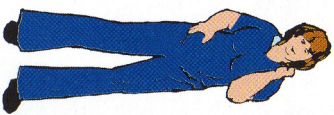


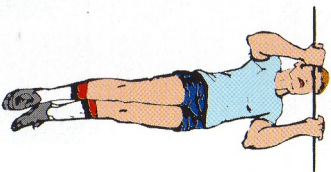
ASPETTI DELL'EFFICIENZA FISICA CORRELATI ALLA SALUTE



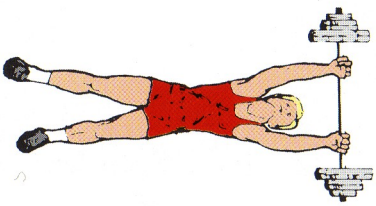
Efficienza
cardiovascolare



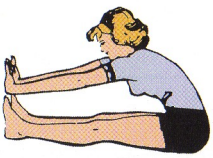
Composizione
corporea



Resistenza
muscolare



Forza



Flessibilità