



font-family: &quot;Times New Roman&quot;;&quot;serif&quot;; mso-ansi-language: EN-US;">e  
 Medicale din prim?vara lui 1996. </span><span style="font-size: 12.0pt; font-family:  
 &quot;Times New Roman&quot;;&quot;serif&quot;;" lang="RO"> </span></p> <p></p> <p  
 class="MsoNormal" style="margin-bottom: .0001pt; text-indent: 14.2pt; line-height:  
 normal;"><span style="font-size: 12.0pt; font-family: &quot;Times New  
 Roman&quot;;&quot;serif&quot;; mso-ansi-language: EN-US;">Ini?iativa global? Move for  
 Health - S?n?tate prin mi?care a fost lansat? de OMS &#9672; 2003 ?i s-a concretizat prin celebrarea  
 la fiecare 10 mai a unei Move for Health Day (<strong>MHD</strong>). &#9672;<a  
 href="..../upload/cuvant/inima/zni.doc">>>> mai mult</a></span></p> <p class="MsoNormal"  
 style="margin-bottom: .0001pt; text-indent: 14.2pt; line-height: normal;">&#9672;</p> <p  
 class="MsoNormal" style="margin-bottom: .0001pt; line-height: normal; mso-outline-level:  
 1;"><strong><span style="font-size: 12.0pt; mso-fareast-font-family: &quot;Times New  
 Roman&quot;; color: #0070c0; text-transform: uppercase; mso-font-kerning: 18.0pt;  
 mso-fareast-language: RO; mso-bidi-font-style: italic;" lang="RO">Compendiu de Activitate  
 fizic? pentru inim?, s?n?tate ?i longEV<a name="\_GoBack"></a>itate  
 verde</span></strong></p> <p class="MsoNormal" style="margin-bottom: .0001pt; line-height:  
 normal; mso-outline-level: 1;"><strong><span style="font-size: 8.0pt; mso-fareast-font-family:  
 &quot;Times New Roman&quot;; color: #0070c0; text-transform: uppercase; mso-font-kerning:  
 18.0pt; mso-fareast-language: RO; mso-bidi-font-style: italic;" lang="RO">  
 </span></strong></p> <p class="MsoNormal" style="margin-top: 0in; margin-right: 0in;  
 margin-bottom: .0001pt; margin-left: 1.5in; line-height: normal;"><strong><em><span  
 style="text-decoration: underline;"><span style="font-size: 8.0pt; mso-fareast-font-family:  
 &quot;Times New Roman&quot;; color: black; mso-fareast-language: RO;"  
 lang="RO">Hipocrate</span></span></em></strong><strong><em><span style="font-size:  
 8.0pt; mso-fareast-font-family: &quot;Times New Roman&quot;; color: black;  
 mso-fareast-language: RO;" lang="RO">: &#9672;Toate p?r?ile corpului au o func?ie, folosite cu  
 modera?ie ?i &#9672; scopurile &#9672; care sunt create devin s?n?toase, bine dezvoltate ?i &#9672;b?tr&#9672;esc  
 mai lent; nefolosite, se &#9672;boln?vesc ?i &#9672;b?tr&#9672;esc mai repede&#9672;.</span></em></strong></p> <p  
 class="MsoNormal" style="margin-top: 0in; margin-right: 0in; margin-bottom: .0001pt;  
 margin-left: 1.5in; line-height: normal;"><span style="font-size: 8.0pt; mso-fareast-font-family:  
 &quot;Times New Roman&quot;; color: black; mso-fareast-language: RO;" lang="RO">  
 </span></p> <p class="MsoNormal" style="margin-bottom: .0001pt; line-height: normal;  
 mso-outline-level: 1;"><strong><span style="font-size: 9.0pt;" lang="RO">Selec?ie ?i  
 reordonare <span style="color: #c00000;">PromoSan CRSPB</span> din/pe marginea  
 publica?iei on line</span><span lang="RO">: </span></strong><strong><span style="font-size:  
 9.5pt; mso-fareast-font-family: &quot;Times New Roman&quot;; color: #0070c0; text-transform:  
 uppercase; mso-font-kerning: 18.0pt; mso-fareast-language: RO; mso-bidi-font-style: italic;"  
 lang="RO">ACTIVITATE FIZIC? REGULAT? - FI?I ACTIV</span></strong><strong><span  
 style="font-size: 9.5pt; mso-fareast-font-family: &quot;Times New Roman&quot;; color: black;  
 text-transform: uppercase; mso-font-kerning: 18.0pt; mso-fareast-language: RO;  
 mso-bidi-font-style: italic;" lang="RO">, </span></strong><strong><em><span style="font-size:  
 9.5pt; mso-fareast-font-family: &quot;Times New Roman&quot;; color: #dd0202; text-transform:  
 uppercase; mso-font-kerning: 18.0pt; mso-fareast-language: RO;" lang="RO">  
 </span></em></strong></p> <p class="MsoNormal" style="margin-bottom: .0001pt; line-height:  
 normal; mso-outline-level: 1;"><strong><span style="text-decoration: underline;"><span  
 lang="RO">Dr. cardiol. Lumin?a Iliu??</span></span><span lang="RO"> <a

href="http://www.cardioclase.ro/activitate-fizica-regulata-fiti-activ.html"><em><span style="font-size: 9.5pt; mso-fareast-font-family: &quot;Times New Roman&quot;; mso-font-kerning: 18.0pt; mso-fareast-language: RO; mso-bidi-font-weight: bold;">http://www.cardioclase.ro/activitate-fizic?-regulata-fiti-activ.html</span></em></a></span></strong><strong><em><span style="font-size: 9.5pt; mso-fareast-font-family: &quot;Times New Roman&quot;; color: #dd0202; text-transform: uppercase; mso-font-kerning: 18.0pt; mso-fareast-language: RO;" lang="RO"></span></em></strong></p> <p class="MsoNormal" style="margin-bottom: .0001pt; text-indent: .5in; line-height: normal;"><span style="mso-fareast-font-family: &quot;Times New Roman&quot;; color: black; mso-fareast-language: RO;" lang="RO"> </span></p> <p class="MsoNormal" style="margin-bottom: .0001pt; text-indent: 14.2pt; line-height: normal;"><span style="font-size: 12.0pt; font-family: &quot;Times New Roman&quot;,&quot;serif&quot;; mso-ansi-language: EN-US;"> <span style="font-size: 11.0pt; line-height: 115%; font-family: &quot;Calibri&quot;,&quot;sans-serif&quot;; mso-fareast-font-family: &quot;Times New Roman&quot;; mso-bidi-font-family: &quot;Times New Roman&quot;; color: black; mso-ansi-language: RO; mso-fareast-language: RO; mso-bidi-language: AR-SA;" lang="RO">Activitatea fizic? regulat? reprezint?<strong><em>cea mai bun?</em></strong><strong><em>investi?ie</em></strong> <strong><em>pentru o</em></strong> <strong><em>inim? s?n?toas?</em></strong> <a href=" ../upload/cuvant/inima/compendiu.doc">>>>mai mult</a></span></span></p>