**LAMMIN SEUDUN SYDÄNYHDISTYS RY, jäsen \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**KUNTOKORTTI v\_\_\_\_\_\_\_ Palautetaan syyskokouksessa**

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| 15 |  |  |  |  |  |  |  | 16 |  | LIIKUNNAN HARRASTUS vähintään 30 min. päivässä |  |  |  |  |  |
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**…. merkkaa X tai jos haluat kirjata mitä liikuntaa harrastit, kts lyhennykset**

KÄ=kävely, SK=sauvakävely, PA=pallopelit, KS= kuntosali, PY=pyöräily, JU=jumppa, UI=uinti, VE=vesijuoksu, VJ=vesijumppa, TL=talvilajit, AR= arkiaktiivisuus (portaiden nousu, puutarhanhoito, haravointi)

**LAMMIN SEUDUN SYDÄNYHDISTUS RY, jäsen \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**KUNTOKORTTI v. \_\_\_\_\_\_\_\_ Palautetaan syyskokouksessa**

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**…. merkkaa X tai jos haluat kirjata mitä liikuntaa harrastit, kts lyhennykset**

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