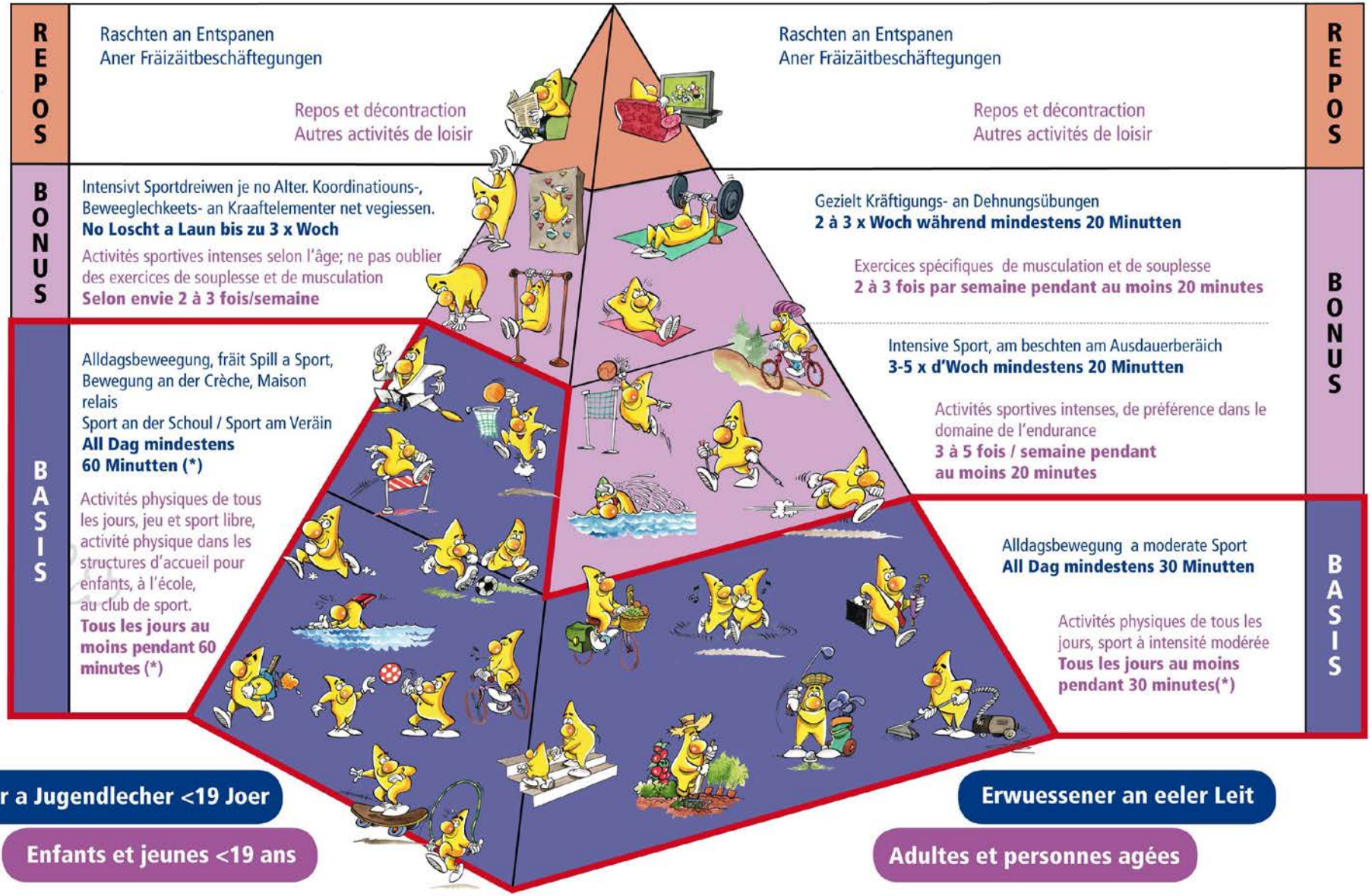Beweegungspyramid | La pyramide de l'activité physique