

O O bet365

European (mostly Spanish and Italian descent) And mestizo(mixed Europe) Tj T* BT

All related (31) In cooking, the term "game" refers to the meat of wild animals, such as deer, rabbit, or pheasant, that are hunted for food. Game meat is known for its distinctive flavor and lean texture, and it is often considered a delicacy in many culinary traditions.

What does game mean in cooking? - Quora : What-does-game-mean-in-cooking

That means zone 2 cardio can be running, brisk walking, cycling, swimming, rowing, skating, and elliptical training.

Zone 2 Cardio Training : What Is It, Benefits, Examples - Women's Health

Heart rate method

Dr. Luks says you can get a rough estimate of your own heart rate cutoff for zone 2 if you know your max heart rate (max HR). Subtracting your age (in year) around 65-75% of your max HR