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History. Atletico and Cruzeiro make one of the biggest rivalries in the world. The two clubs from Belo Horizonte practically monopolize the Campeonato Mineiro, and have clashed in decisive matches in the Brasileiro, Copa do Brasil and continental CONMEBOL competitions of.

[Classico Mineiro - Wikipedia](#) : wiki : Classico_Mineiro
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About the match The current head to head record for the teams are Atletico MG 16 win(s), Cruzeiro 10 win(s), and 8 draw(s)

[Atletico MG vs Cruzeiro - live score, predicted lineups and H2H stats](#)
[fotmob : matches : cruzeiro-vs-atletico-mg](#)
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Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Do strength training exercises for all major muscle groups at least two times a week.

[How fit are you? See how you measure up - Mayo Clinic](#)