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oulders (or sidewalks). Be sure to follow safety precautions for running outside, such as:

- Run on sidewalks, paths, or designated running routes.
- Avoid running on roads, especially at night.
- Use reflective gear or reflective vests.
- Run in groups or with a buddy.
- Stay hydrated.
- Avoid running in extreme weather conditions.
- Be aware of your surroundings.
- Use proper running form.
- Warm up before running.
- Cool down after running.
- Listen to your body.
- Don't overdo it.
- Get medical attention if you experience any pain or injury.

Legend Paula Matias is a professional model and fitness enthusiast. She is known for her work with various brands and her active lifestyle. She is also a fitness instructor and has a passion for helping others achieve their fitness goals.

Call of Duty Modern Warfare 2 will run on PC system with Windows 10 and upwards.

Call of Duty Modern Warfare 2 System Requirements - Can I Run It?

The Modern Warfare game client is the same as the Warzone client.

Launch the Battle app.