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The story was inspired by Elvis Presley being drafted into the United States Army in 1957. Jesse Pearson plays the role of teen idol Conrad Birdie, whose character name is a word play on country singer Conway Twitty, who was, at that time, a teen idol pop artist.

Bye Bye Birdie (1963 film) - Wikipedia : wiki : Bye_Bye_Birdie_(1963_film)

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Bye Bye Birdie is a stage musical with music by Charles Strouse and lyrics by Lee Adams, based upon a book by Michael Stewart. Originally titled Let's Go Steady, Bye Bye Birdie is set in 1958. The play's book was influenced when Elvis Presley was drafted into the Army in 1957.

Bye Bye Birdie - Wikipedia : wiki : Bye_Bye_Birdie

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elas, melhora o condicionamento cardiorrespiratório, diminui a mortalidade por todas as causas, melhora a saúde mental, emagrece, entre outros.

Segundo a Organização Mundial de Saúde, basta 150 minutos por semana. Ou seja, cerca de 22 minutos por dia.

exercício um dos mais completos e prazerosos, principalmente com o calor certo. Por isso, selecionamos os cinco melhores tipos para caminhadas

para caminhadas