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There are five components of physical fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory fitness.

ould include activities that address all of the health-related components of fitness.

EXERCISE GUIDELINES A. Health-related components of fitness

dcms.uscg.mil : Portals : docs : HPM : Exercise-Guidelines

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Overall, men (6.0 hours per week) spent more time than women (4.5 hours per week) walking at work.

at work. Overall, the amount of time spent walking at work on an average work day (in the last four weeks) was similar among men (1.9 hours) and women (1.7 hours).

Adult physical activity - NHS Digital

digital.nhs.uk : statistical : health-survey-for-england : 2024-part-2 : physical-activity

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One and 61 GB for Xbox Series X/S. If there is not enough space on the

Xbox hard drive.

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