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

Physical fitness would include activities that address all of the health-related components of fitness. [Exercise Guidelines](#) A. Health-related components of fitness. [Exercise Guidelines](#) Overall, the amount of time spent walking at work on an average work day (in minutes) men (6.0 hours per week) spent more time than women (3.2 hours) spent walking at work on an average work day (in minutes).

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Adult physical activity - NHS Digital [Adult physical activity - NHS Digital](#) digital.nhs.uk : statistical : health-survey-for-england : 2024-part-2 : physical-activity [Physical activity - NHS Digital](#) Overall, the amount of time spent walking at work on an average work day (in minutes) men (6.0 hours per week) spent more time than women (3.2 hours) spent walking at work on an average work day (in minutes).

The Jogo (Jogo) or Numu languages form a branch of the Western Mande languages. They are, Ligbi of Ghana. the extinct Tonjo of Ivory Coast. [Jogo \(Jogo\) or Numu languages](#)