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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.

Overall, the amount of time spent walking at work on an average work day (in minutes) would include activities that address all of the health-related components of fitness.

EXERCISE GUIDELINES A. Health-related components of fitness

Overall, men (6.0 hours per week) spent more time than women (3.2 hours) walking at work on an average work day (in minutes).

Overall, the amount of time spent walking at work on an average work day (in minutes) would include activities that address all of the health-related components of fitness.

Adult physical activity - NHS Digital

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

Overall, the amount of time spent walking at work on an average work day (in minutes) would include activities that address all of the health-related components of fitness.