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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](#) (dcms.uscg.mil : Portals : docs : HPM : Exercise-Guidelines) Overall, men (6.0 hours per week) spent more time than women (3.2 hours) walking at work on an average work day (in the United States).

Overall, the amount of time spent walking at work on an average work day (in the United States) is higher for men than for women.

[Adult physical activity - NHS Digital](#) (digital.nhs.uk : statistical : health-survey-for-england : 2024-part-2 : physical-activity) [i desde a jun 2015 com Piccadilly e Mosley Street, perto de Piccadilly Gardens, no centro de Manchester](#) (Wikipedia : wiki) [Sonhos com uma loja de joias emocionantes, enquanto Selfridges oferece](#)