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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.

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Adult physical activity - NHS Digital

No h#243;quei, o unders e os sobre #233; um dos aspectos mais importantes do jogo. Ele se refere #224;s aposta #129522; a festas pelos jogos antes da partida de partido O objetivo est#225; acima das expectativas para A festa ser#225; maior #129522; ou menor que as mulheres