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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.

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

EXERCISE GUIDELINES A. Health-related components of ...

Portals : docs : HPM : Exercise-Guidelines

men (6.0 hours per week) spent more time than women (3.2 hours) Tj T\*

Overall, the amount of time spent walking at work on an average work day (in th) Tj T\* BT

Adult physical act  
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