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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, 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 [Statistical](#) health-survey-for-england : 2024-part-2 : physical activity. [Biblioteca](#) 3 Encontre o jogo que deseja instalar e instale-o. 4 Selecione o jogo que deseja instalar e clique em "Instalar". 5 Uma vez que o download estiver concluído, você pode clicar no ícone para iniciar o game. Como eu instalo um game usando a Epic Game Launcher?