

# O O bet365

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 physical fitness](#)  
dcms.uscg.mil : Portals : docs : HPM : Exercise-Guidelines

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There are 3 main ways of describing the intensity of an activity: vigorous, moderate, and gentle.

[Segment 3 - What are my current levels of physical activity?](#)  
aci.health.nsw.au : chronic-pain : painbytes : what-are-my-current-levels-of-physical-activity

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