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There are five components of physical fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory endurance. A well-balanced exercise program should include activities that address all of the health-related components of fitness.

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

Portals : docs : HPM : Exercise-Guidelines

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Overall men (6.0 hours per week) spent more time than women (3.2 hours per week) in moderately intensive physical activity while at work. Overall, the amount of time spent walking at work on an average work day (in the last four weeks) was similar among men (1.9 hours) and women (1.7 hours).

Adult physical activity - NHS Digital : statistical : health-survey-for-england : 2024-part-2 : phy...