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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 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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zer compras no dia apressado Dia de Ação de Graças, chamando-a de Black Friday porque eles tinham que controlar multidões. A partir daí, o termo foi usado para descrever compras aquele dia e ganhou impulso a cada ano que passava. Como a Black sexta-feira recebeu nome? - NBC News nbcnews : compras: evolution-black-friday A frase Black Friday chegou a usar a frase Black Friday pois que ela supostamente quebrou as regras da empresa durante um dos seus fluxos.