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div&gt;&lt;div&gt;&lt;div&gt;There are five components of physical fitness: &lt;

span&gt;(1) body composition, (2) flexibility, (3) muscular strength, (4) muscul

ar endurance, and (5) cardiorespiratory endurance&lt;/span&gt;. A well-balanced

exercise program should include activities that address all of the health-relate

d components of fitness.&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div

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lt;span&gt;1 EXERCISE GUIDELINES A. Health-related components of ...&lt;/span&gt;

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iv&gt;&lt;div&gt;&lt;div&gt;Overall &lt;span&gt;men (6.0 hours per week) spent more time th

an women (3.2 hours per week)&lt;/span&gt; in moderately intensive physical acti

vity while at work. Overall, the amount of time spent walking at work on an aver

age work day (in the last four weeks) was similar among men (1.9 hours) and wome

n (1.7 hours).&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/di

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;Adult physical activity - NHS Digital&lt;/span&gt;&lt;/div&gt;&lt;/span&gt;&lt;

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