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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 physical fitness](#)

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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? [What are my current levels of physical activity?](#)

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A DraftKings fantasy sports platform allows users to create virtual teams with real players, competing against other users in leagues and tournaments.

Uma das perguntas mais comuns sobre a DraftKings é: como funciona a formação da equipa. De acordo com a sabedoria popular, os jogadores d