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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
dcms.uscg.mil : 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) walking at work on an average work day.

Overall, the amount of time spent walking at work on an average work day (in hours) was significantly higher for men than for women.

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

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League Hat-Tricks
Premier League Hat-Tricks - Wikipédia, a enciclopédia livre

League_hat - tricks A pessoa para marcar mais gols
Nos Estados Unidos, todos os 92 jogos da Taça de Inglaterra