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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.

could 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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Overall, men (6.0 hours per week) spent more time than women (3.2 hours) walking at work on an average work day (in the United States).

Overall, the amount of time spent walking at work on an average work day (in the United States) is 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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Unfriended: Dark Web (2024) | In Unfriended: Dark Web, a group of friends stumbles upon a laptop that has access to the dark web, where they watch a series of disturbing videos about people who appear to be in danger.