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There are five components of physical fitness: <

(1) body composition, (2) flexibility, (3) muscular strength, (4) muscul

ar endurance, and (5) cardiorespiratory endurance. A well-balanced

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

d components of fitness.</div></div></div></div></div>

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It;span>1 EXERCISE GUIDELINES A. Health-related components of ...

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s : HPM : Exercise-Guidelines</div></div>&

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iv></div>There are 3 main ways of describing the intensity of an activit

y vigorous, moderate, and gentle.</div></di

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ef}""></div>Segment 3 - What are my current

levels of physical activity?</div>&

t;div>aci.health.nsw.au : chronic-pain : painbytes : what-are-my-current-l

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