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Fruit Ninja is an arcade game where you have to swipe and slash your way through all kinds of fruit, from pears and apples, to coconuts and bananas. Aim for the highest score by slicing multiple fruits at once and build up your combo to surpass everyone else! You can also get huge scores from critically striking the fruit so be strategic with your swiping. However, beware of the bombs! Hitting one of them

There are five components of physical fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory endurance. A well-balanced exercise program should include activities that address all of the health-related components of fitness.

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?

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