

eo brazino

There are five components of physical fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory fitness.

ould include activities that address all of the health-related components of fitness.

EXERCISE GUIDELINES A. 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?

declared bankruptcy in 2024 after being forced to admit that nearly 2