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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 fitness. [Exercise Guidelines](#) 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 [Adult physical activity - NHS Digital](#) digital.nhs.uk : statistical : health-survey-for-england : 2024-part-2 : physical-activity [Physical activity - NHS Digital](#) 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).

The "Call of Duty: Modern Warfare 2" Cross-Gen Bundle includes the base game and allows you to play on both current-generation consoles (such as PlayStation 5 and Xbox Series X) and last-generation consoles (such as PlayStation 4 and Xbox One).