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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 physical fitness](#)
dcms.uscg.mil : Portals : docs : HPM : Exercise-Guidelines

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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?](#)

aci.health.nsw.au : chronic-pain : painbytes : what-are-my-current-levels-of-physical-activity

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No mundo do basquete, a NBA (National Basketball Association) é conhecida por seus emocionantes playoffs, onde as melhores equipes brigam por títulos e glória.

Um dos aspectos mais emocionantes dos playoffs da NBA é o formato de melhor de sete jogos, ou 7 games.