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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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Overall, men (6.0 hours per week) spent more time than women (3.9 hours per week) walking at work.

Overall, the amount of time spent walking at work on an average work day (in the last four weeks) was similar among men (1.9 hours) and women (1.7 hours).

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

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No, the iPhone does not need a cache cleaning app like Clean Master or Battery Doctor.

iOS has built-in mechanisms to manage storage and optimize performance, so third-party apps for cleaning caches are unnecessary.