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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.

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

EXERCISE GUIDELINES A. Health-related components of ...

dcms.uscg.mil : Portals : docs : HPM : Exercise-Guidelines

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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Declan Rice, 28, is a professional footballer who plays as a midfielder for Arsenal and the England national team. He started his career at West Ham United in 2007 and has since moved to Arsenal in 2018. He is known for his versatility and ability to play in various positions on the field.