

# O O bet365

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div&gt;&lt;div&gt;&lt;div&gt;There are five components of physical fitness: &lt;  
span&gt;(1) body composition, (2) flexibility, (3) muscular strength, (4) muscul  
ar endurance, and (5) cardiorespiratory endurance&lt;/span&gt;. A well-balanced  
exercise program should include activities that address all of the health-relate  
d components of fitness.&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div  
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lt;span&gt;1 EXERCISE GUIDELINES A. Health-related components of ...&lt;/span&gt  
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iv&gt;&lt;div&gt;Overall &lt;span&gt;men (6.0 hours per week) spent more time th  
an women (3.2 hours per week)&lt;/span&gt; in moderately intensive physical acti  
vity while at work. Overall, the amount of time spent walking at work on an aver  
age work day (in the last four weeks) was similar among men (1.9 hours) and wome  
n (1.7 hours).&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;di  
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2024-part-2 : phy...&lt;/div&gt;&lt;/span&gt;&lt;/a&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;