

# 0 0 bet365

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](#)

There are 3 main ways of describing the intensity of an activity: vigorous, moderate, and gentle.

Physical activity is defined as any movement that requires energy expenditure above the resting level. [Segment 3 - What are my current levels of physical activity?](#)

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