

pix 365

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](#)

Overall, the amount of time spent walking at work on an average work day (in the U.S.) is higher for men (6.0 hours per week) than women (3.2 hours per week).

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Adult physical activity - NHS Digital [Statistical](#)

God of War PC features Striking visuals enhanced on PC. Enjoy true 4K resolution, on supported devices, with unlocked framerate for peak performance.

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