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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 for adults recommend at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, plus muscle-strengthening activities on two or more days per week. Health-related components of physical fitness include:

- Cardiorespiratory endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition

Overall, men (6.0 hours per week) spent more time than women (3.2 hours per week) in moderately intensive physical activity while 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 (1.9 hours).

Adult physical activity - NHS Digital

Statistical Health Survey for England: 2024-part-2: physical activity

Physical activity is an important part of a healthy lifestyle. It can help to reduce the risk of heart disease, stroke, and other chronic conditions. It can also help to improve mental health and reduce stress. The NHS Digital Health Survey for England 2024-part-2 shows that physical activity levels have increased since 2019. However, there is still a significant gap between men and women, with men spending more time in physical activity than women. The survey also found that people who are physically active are more likely to be in good health and have a longer life expectancy.

Don't miss this clash of inculture a romantic-comedy, now recluded with your Prime Video membership. The Big Sick - Amazon Prime Video: Big Sick is a romantic-comedy film directed by Michael LeWine. It stars Kumail Nanjiani and Zoe Lister-Jones. The film is a comedy about a man who falls in love with a woman who is a doctor. It is a heartwarming and funny story that is perfect for a date night. The film is available on Amazon Prime Video. It is a great choice for anyone who enjoys romantic-comedies. It is a must-watch for anyone who is looking for a good movie to watch. It is a great choice for anyone who is looking for a good movie to watch. It is a great choice for anyone who is looking for a good movie to watch.