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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.

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

[EXERCISE GUIDELINES A. Health-related components of ...](#)

Overall, men (6.0 hours per week) spent more time than women (3.2 hours) walking at work on an average work day (in the United States).

Overall, the amount of time spent walking at work on an average work day (in the United States) is higher for men than for women.

[Adult physical activity - NHS Digital](#)

[statistical : health-survey-for-england : 2024-part-2 : physical activity](#)

Veteran is a difficulty level and the hardest in most Call of Duty games, with the exception of Call of Duty: Black Ops III and Call of Duty: Infinite Warfare where the Realistic, Specialist and #YOLO difficulties are introduced, as well as Call of Duty: Modern Warfare, Call of Duty: Black Ops Cold War, and Call of Duty: Warzone.