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There are five components of physical fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory endurance. A well-balanced exercise program should include activities that address all of the health-related components of fitness.

1 EXERCISE GUIDELINES A. Health-related components of ...

Portals : docs : HPM : Exercise-Guidelines

Segment 3 - What are my current levels of physical activity?

aci.health.nsw.au : chronic-pain : painbytes : what-are-my-current-levels...

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