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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](#)

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?

Chronic Pain: Painbytes: What are my current levels of physical activity?

Yes, you can play both the campaign mode and multiplayer mode in Call of Duty: Modern Warfare 3 offline. The campaign mode can be played in its entirety in offline mode, and a Private Multiplayer mode allows you to access all of the maps and modes present in Multiplayer.

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