

bets champions

There are five components of physical fitness: (1) Tj T* BT /F1

; endurance, and (5) cardiorespiratory endurance. A well-balanced exercise program should include activities that address all of the health-related components of fitness. EXERCISE GUIDELINES A. Health-related components of ...

There are 3 main ways of describing the intensity of an activity : vigorous, moderate, and gentle

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