

7casino

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 physical fitness

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

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

Making API Calls

The first step in making an API call is knowing the Uniform Resource Locator (URL) for the application or server that the API will access. This is the destination of the request issued when making an API call. The second step is to choose which command to send with the request.