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div><div><div>There are five components of physical fitness: <
span>(1) body composition, (2) flexibility, (3) muscular strength, (4) muscul
ar endurance, and (5) cardiorespiratory endurance. A well-balanced
exercise program should include activities that address all of the health-relate
d components of fitness.</div></div></div></div></div
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lt;span>1 EXERCISE GUIDELINES A. Health-related components of ...
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iv><div>Overall men (6.0 hours per week) spent more time th
an women (3.2 hours per week) in moderately intensive physical acti
vity while at work. Overall, the amount of time spent walking at work on an aver
age work day (in the last four weeks) was similar among men (1.9 hours) and wome
n (1.7 hours).</div></div></div></div></div></div><di
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Adult physical activity - NHS Digital</div><
span><div>digital.nhs.uk : statistical : health-survey-for-england :
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