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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.

ould include activities that address all of the health-related components of fitness.

EXERCISE GUIDELINES A. Health-related components of fitness
dcms.uscg.mil : Portals : docs : HPM : Exercise-Guidelines
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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?
aci.health.nsw.au : chronic-pain : painbytes : what-are-my-current-levels-of-physical-activity?
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