

# sportingbet explica&#231;&#227;o

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div&gt;&lt;div&gt;&lt;div&gt;There are five components of physical fitness: &lt;  
span&gt;(1) body composition, (2) flexibility, (3) muscular strength, (4) muscul

ar endurance, and (5) cardiorespiratory endurance&lt;/span&gt;. A well-balanced

exercise program should include activities that address all of the health-relate

d components of fitness.&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;

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lt;span&gt;1 EXERCISE GUIDELINES A. Health-related components of ...&lt;/span&gt;

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ntensive physical activity while at work. Overall, the amount of time spent walk

ing at work on an average work day (in the last four weeks) was similar among me

n (1.9 hours) and women (1.7 hours).&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;&lt;/div&gt;

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