

# O O bet365

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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

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

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iv&gt;&lt;div&gt;There are 3 main ways of describing the intensity of an activit

y &lt;span&gt;vigorous, moderate, and gentle&lt;/span&gt;.&lt;/div&gt;&lt;/di

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levels of physical activity?&lt;/span&gt;&lt;/div&gt;&lt;/span&gt;&lt;span&gt;&lt;

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ra / , atrair novos iogadores e manter os iogadores existentes felizes. Esses b&