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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.

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Adult physical activity - NHS Digital

digital.nhs.uk : statistical : health-survey-for-england : 2024-part-2 : physical-activity

Gacha (ガチャ) is a popular concept in Japanese culture, referring to a common object or activity. In the context of gacha, it often refers to the excitement of pulling a gacha (slot machine) to obtain a rare item. The most popular gacha items are often the most expensive.

1. Gachapon (ガチャポン) is a popular gacha item, often found in vending machines. It is a small, colorful toy that is pulled out of a slot machine. Gachapon are often used as prizes in contests and are popular among children and young adults.

Um dos Gachapon (ガチャポン) mais famosos e populares entre os colecionadores. Trata-se de pequehadadas figuras (ガチャポン) das personagens do anime (ガチャポン).