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There are five components of physical fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory fitness.

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

[1 EXERCISE GUIDELINES A. Health-related components of physical fitness](#)

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?](#)

Some classic options include fresh garlic, bell peppers, and onions. These vegetables add a noticeable crunch and pop of color to your recipe! Fresh herbs like basil or parsley can also enhance the flavor.

Tips for Making Chili - Plum Cook-Off Winning Recipe! Rumispice blog; Rumi composed/saffron; tigesufor

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