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Why are the 5 components of fitness important?

In general, achieving an adequate level of fitness in all five categories is essential to good health. This component of fitness relies on proper functioning of your heart, lungs, and blood vessels to transport oxygen to your tissues and carry away metabolic waste products.

RELATED QUESTIONS

What are the components of personal fitness Boy Scouts?

This requirement asks what each of these personal fitness elements mean to you. Mental, physical, social, and spiritual fitness is the foundation of a healthy and fulfilling life.

How good nutrition is related to personal fitness?

Eating a balanced diet and being physically active are two of the most important things you can do to be and stay healthy at any age. A balanced diet includes eating the right amount of calories and nutrients to maintain a healthy weight.

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