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Physical fitness is a
state of health and
well-being and, more
specifically, the
ability to perform
aspects of sports,

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Physical activity need
not be strenuous to
be beneficial.

Moderate amounts of
daily physical activity
are recommended for
people of all ages.

This amount can be
obtained in longer
sessions of
moderately intense
activities, such as

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brisk walking for 30 minutes, or in shorter sessions of more intense activities, such as jogging or playing basketball for 15-20 minutes.

Physical Fitness

Concepts

Dr. Charles B.

“ Chuck ” Corbin is
Professor Emeritus in
the Department of

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Exercise and Wellness
at Arizona State
University. He has
published more than
200 journal articles
and is the senior
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70 books including
Concepts of Physical
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readers with self-
management skills
necessary to adopt a
healthy lifestyle. This
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Edition: Authors:

Charles Corbin,

Gregory Welk,

William Corbin, Karen

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Concept of physical fitness: Physical fitness refers to maximum functional

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Capacity of all system of the body. We are exercising when ever we move and keeping our body tuned and in a good running order. The body of human is framed in such a way that it can jump, climb, bend, stretch and do more tedious work.

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Total fitness: A fit person that has the ability to cope with stress and everyday strain of modern day living, a high level of cardiovascular and muscular fitness, the ability to maintain a positive and meaningful social

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relationships, and an active lifestyle includes good habits.

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