Components of Fitness	Flexibility
Yoga	Pilates
Cardiovascular Fitness	Muscular Strength/Po
Muscular Endurance	Body Composition
Nutrition	Supplements
Training For Sports	Personal Goal Setting
Personal Workout Program	Abdominal Exercises
Stress Management	Orienteering
Recreational Activities	Weightlifting
Kan Jam	Pedometers
Calories/Caloric Intake	NFL Play 60
Medicine Ball Exercises	Jump Rope Exercises
Quick Feet Exercises	Stability Ball Exercise
Rock Climbing	Hiking
Biking	Spinning
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