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the paper defined physical fitness as a set of attributes that people have or achieve that determines their ability to carry out daily tasks with vigor and alertness without undue fatigue working on each component of fitness can increase your health by preventing many diseases and illnesses preventing injuries and falls improving outcomes as you age reducing stress anxiety and depression and boosting quality of life the five health related components of physical fitness are cardiovascular endurance muscular strength muscular endurance flexibility and body composition why are they important exercise personal training is the optimal means to achieve your fitness goals learn about its concept and how to get started in tokyo in our article to perform the test all you need is a flat surface but a yoga mat can make it more comfortable hold a plank with your forearms on the floor squeezing your glutes and holding your back straight are you looking for the best gyms in tokyo to restore your fitness goals well check out this list of gyms that are the best in japan and would help you meet

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