

PHYSICAL FITNESS - MENTAL HEALTH - THE FIGHTING HEART

" AN ATTITUDE AND A REALITY - 

By physical fitness we mean the capacity for efficient performances in the fundamental activities of man, which are, running, jumping, leaping, vaulting and climbing. These should endure under sustained effort in a variety of situations. Quick and efficient control of the body in an emergency situation may save the life of one individual or many. Speed and endurance in the fundamental locomotion efforts are first essentials.

Physical fitness is composed of skills plus power plus endurance. A high level combination of skills, power and endurance is practically synonymous with Dynamic Health - meaning capacity for power and endurance in vigorous forms of physical activity with relatively little fatigue developing to restrict, to mar the form of the movements, or to lower the threshold of resistance to infection and disease.

Sports and other types of physical work which require power and endurance involve relatively long periods of conditioning (Graduated effort). Some sports require much more power and endurance than others.