### FIT TO BE FREE

Lacking health, all other forms of preparedness for war and peace avail us nothing.

Freedom of Worship has no meaning to a person who has no God;

Freedom of Speech is of little value if one has nothing to say;

Freedom from Fear is of little use if one knows not what to fear;

Freedom from Want is meaningless unless one's wants are defined; and

WITHOUT HEALTH, ONE HAS ONLY THE FREEDOM TO DIE.

## American Association for Health, Physical Education, and Recreation

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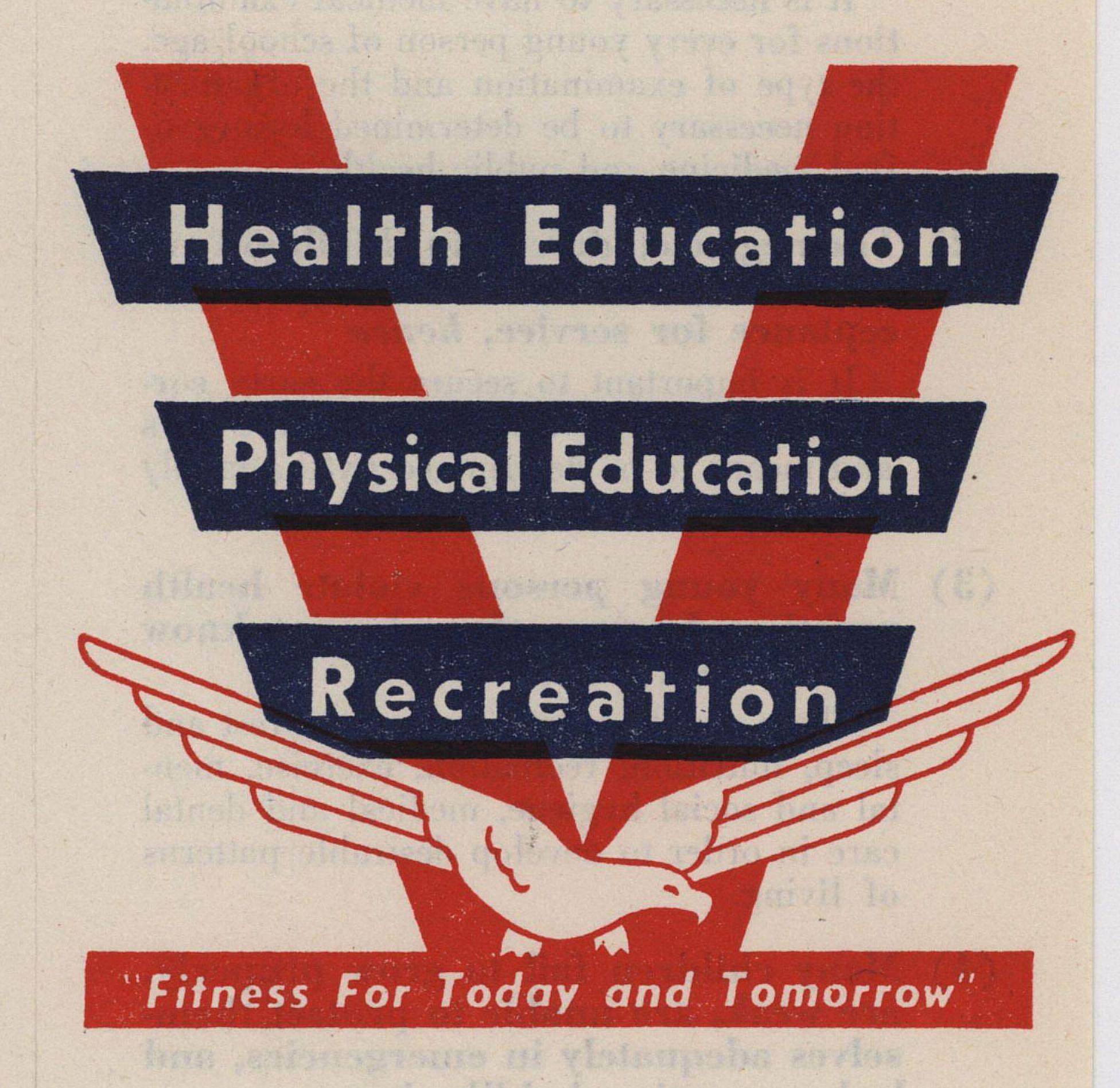
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A Department of the
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1201 Sixteenth Street, N. W.
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