

2. To spend a minimum of one hour daily in vigorous exercise of a type his fitness test indicates as desirable.

3. To repeat the physical fitness test at the beginning of every quarter and adjust his exercise program to its findings.

Every man, regardless of his health status, is urged:

1. To protect his health and improve his condition by securing adequate sleep, food, and recreation.

2. To have a complete medical examination at once and arrange for correction of every remediable defect.

Physical fitness tests will be offered at the Field House at the following times:

Saturday, January 17-	10:00 a.m. to 12:00 m.
	2:00 p.m. to 4:00 p.m.
Sunday, January 18 -	4:00 p.m. to 5:30 p.m.
Monday, January 19 -	4:00 p.m. to 5:30 p.m.
Tuesday, January 20 -	12:00 m. to 1:30 p.m.
	4:00 p.m. to 5:30 p.m.
	7:30 p.m. to 9:00 p.m.

The fitness test will include these events to be done in the following order at one session:

1. Standing Broad Jump (best of two trials)
2. 8 ft. fence climb (best of two trials)
3. Pull-ups (chinning) (one trial)
4. Burpee test (one 10 seconds trial for speed)
5. Half mile run (or walk if you can't run)

Report for the tests in old clothes--long trousers and street shoes.

For those whose fitness tests show serious deficiency in strength, endurance, and agility and for all who desire organized, supervised activity, the department of physical education will offer special conditioning classes, at the following hours, beginning Wednesday, January 21st.

10:00 a.m. Sunday	)	
11:00 a.m. Saturday	)	
12:10 m. Mon., Tues., Wed., Thurs., Fri.)		Bartlett Gymnasium
2:40 p.m. Mon., Tues., Wed., Thurs., Fri.)		
7:30 p.m. Tues., Thurs. -		Field House

Students are urged to attend at least four classes per week; more if possible. The ~~Monday~~ classes will be shortened to permit students to attend class and get their lunches between 12 and 1:30.