

Most people believe being healthy and being fit are one and the same. Physical fitness not only determines how well you perform in combat, but also enhances your overall quality of life, improves your productivity, and brings about positive physical and mental changes. Fitness is made up of many components, and the following factors need to be considered when discussing fitness levels. Have you ever noticed during sports competition that the individual or team that tires first often loses? Fitness, on the other hand, is defined as a set of attributes that people have or achieve that relates to the ability to perform physical activity. Your ability to cope with battlefield challenges depends greatly on your level of physical fitness. Your physical fitness benefits both the Army and you.