

# Fit for Flying



# Survival at Sea



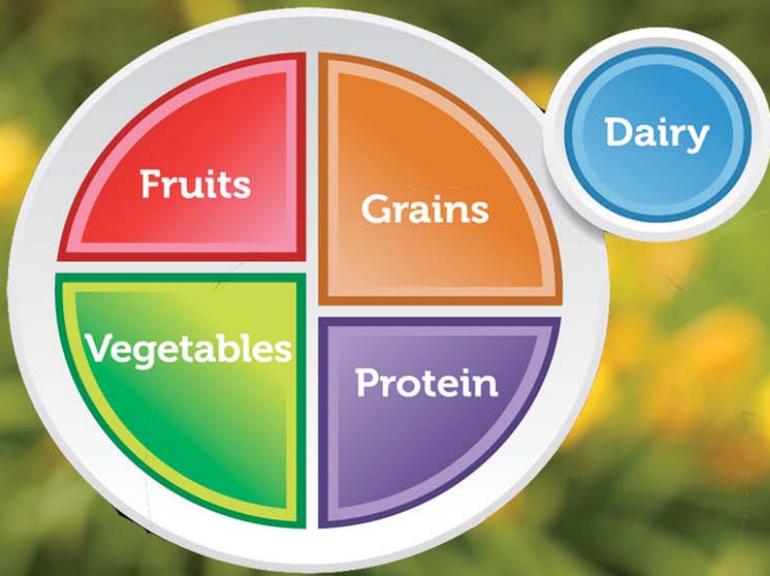
“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

-John F. Kennedy



The image is a composite graphic. On the left side, there is a large, vibrant assortment of fresh produce, including green grapes, fennel, green beans, mushrooms, red onions, bell peppers, broccoli, lemons, strawberries, and various leafy greens. On the right side, a young woman with blonde hair tied back is shown in a dynamic pose, wearing a dark blue volleyball jersey with the number '5' on the front. She is looking upwards and reaching for a white volleyball that is suspended in the air above her. The background behind her is a blurred indoor sports facility with large windows and a wooden floor. A black horizontal banner with white text is overlaid across the center of the image, bridging the two scenes.

**Eat Healthy & Be Active**



Make half your plate fruits and vegetables

Make at least half your grains whole grains

Get your calcium-rich foods

Go lean with protein

Avoid oversized portions

Drink water instead of sugary drinks

A photograph of two adolescent soccer players in action on a grassy field. The player in the foreground is wearing a white long-sleeved jersey with the number 14 and a logo that says 'SMCA' and 'MIDWEST'. He is wearing dark shorts and white socks with three stripes at the top. He is leaning forward, looking at the ball. The player behind him is wearing a red jersey with the number 10 and dark shorts. He is also leaning forward, looking at the ball. A soccer ball is on the ground between them. The background is a blurred green field and trees.

Adolescents should get 1 hour or more of physical activity daily

A man in a black t-shirt is performing a push-up on a black mat on a grassy field. He has a determined and strained expression, with his teeth clenched. He is wearing a white race bib with the number 46 and the words "FIGHT" and "OPEN" visible. In the background, a group of people, some in military-style clothing and caps, are watching the event. The scene is outdoors on a bright, sunny day.

- Air Force BMT  
Physical Fitness Test

- Service Academies  
Candidate Fitness  
Assessment

- Fighter Aircrew  
Conditioning Test

- Air Force Fitness  
Program

- Flying Medical  
Certificates



**Fitness is a lifelong focus**