



STAYING **Fit** TO **Win**

The message is clear: If you're out of shape, you're already behind the fit-to-fight power curve. If you're fit, you're at least even with that curve.

Think of physical conditioning as a part of your everyday life. It has traditionally been a part of basic military training and officer training. For too many, those were the best physically conditioned days of their careers.

Today, in the war on terrorism, Air Force people must remain physically ready to deploy and fight as a part of their unit's mission. To do otherwise could mean jeopardizing the overall mission and not getting the job done.

You may have noticed an increase in the number of people in your unit's fun runs and physical training. It's an indicator that they're taking the new physical standards seriously. A wise decision on their part.

The idea is to be ready. As Gen. John P. Jumper put it, "If you are out of shape, fix it. If you have people in your squadron who need help, help them."