



Merit Badge Counselor: ES Mark Aron M. Fradejas

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# Physical Fitness Merit Badge

## What is Physical Fitness?

- Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best.
- There are five components of physical fitness: body composition, flexibility, muscular strength, muscular endurance, and cardiorespiratory endurance.

## REQUIREMENTS FOR THE PHYSICAL FITNESS MERIT BADGE

1. Submit evidence of your general medical examination done within the year. State what has been or will be done to correct conditions needing remedial measures.

# Physical Fitness Merit Badge Guide

**Albert A Gayle**



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