

# Define Physical Fitness



- **Physical Fitness** is “a dynamic state of energy and vitality that enables one to carry out daily tasks, to engage in active leisure-time pursuits, and to meet unforeseen emergencies without undue fatigue...”
- **Physical Fitness** is “the ability to perform physical activity and to meet the demands of daily living while being energetic and alert.”
- **Physical Fitness** is a set of attributes that people have or achieve, which relates to the ability to perform activity.

# Physical Fitness And Dynamic Health

**Thomas Griffiths**



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