



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

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Physical Fitness Merit Badge Guide:

Unveiling the Magic of Words: A Report on "**Physical Fitness Merit Badge Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Physical Fitness Merit Badge Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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