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Titolo	Physical fitness and resilience : a review of relevant constructs, measures, and links to well-being // Sean Robson
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Nota di contenuto	1. The context of this report -- 2. Physical fitness constructs, measures, and outcomes -- Definition -- Physical fitness and activity constructs -- Objective measures -- Self-reported measures -- Physical abilities (fitness) -- Outcomes related to physical activity and fitness -- Summary statement on measures -- 3. Interventions to promote physical fitness -- 4. Conclusion.
Sommario/riassunto	This report is one of a series designed to support Air Force leaders in promoting resilience among its Airmen, civilian employees, and Air Force family members. It examines the relationship between physical fitness and resilience, using key constructs found in the scientific literature that address work-related physical fitness and health-related physical fitness. Supporting or increasing the levels of physical fitness identified in this report may facilitate resilience and can protect Airmen, civilian employees, and Air Force families from the negative effects of stress. The report also reviews interventions designed to promote physical fitness applicable at the individual, unit, family, and community levels.