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Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.

Physical fitness - Wikipedia

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President's Council on Sports, Fitness & Nutrition (PCSFN)

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Mental health - Wikipedia

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Physical activity, sport and exercise | Mind, the mental

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Fitness 4Mind4Body: Sleep | Mental Health America

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FM 21-20 Physical Fitness Training (1998) - APFT Standards

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Mental Health Month - Raising Mental Health Awareness

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Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

Physical Activity | CDC

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Physical activity, sport and mental health - Mind

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Canadian Physical Activity Guidelines (CPAG) - PDF - CSEP

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Benzodiazepine Abuse - WebMD

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Physical Fitness and Medical Requirements to Join Merchant

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Daily Physical Activity in Schools - Ontario

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