



Physical Fitness and Resilience: A Review of Relevant Constructs, Measures, and Links to Well-Being (Rand Project Air Force Series on Resiliency)

Sean Robson

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This report is one of a series designed to support Air Force leaders in promoting resilience among its Airmen, civilian employees, and Air Force families. 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.

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