

In work or play fitness wins : what do you do to keep fit? : Use your swimming baths, playing fields and recreation grounds ... / National Fitness Council.

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Issued for THE NATIONAL FITNESS COUNCIL
by THE CENTRAL COUNCIL FOR HEALTH EDUCATION
1, Thornhaugh Street, London, W.C.1.

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FITNESS
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Many people think that as long as they keep free from illness they are fit and healthy. This is by no means always the case: you may be in poor physical condition without being "ill." How many people do you see eating their meals without interest or pleasure, going unwillingly to work in the morning, returning home at night dog-tired and unable to enjoy their leisure hours?

These people are not fit. Just as a footballer or a cricketer must keep "in training" for playing his game, so must you get "in training" for the full enjoyment of life. Both in your work and your play, you will find the way made easier and success more assured if you get really fit and keep fit.

Now there are a great many pleasant ways of keeping fit and surely you can find some way which will appeal to you?

Ask the Clerk to your Council about the recreation grounds, the playing fields

and the swimming baths in your district. Make use of them when you find out about them. Swim, play football, cricket, tennis, bowls, hockey, netball—whatever you like—but take your exercise and recreation regularly. Occasionally is not enough.

Find out also about clubs and classes where you can combine social activities with physical recreation. Even though you may not want to do "jerks" or learn gymnastics, you can find instruction and practice in boxing, wrestling, fencing and various forms of indoor games—like badminton and basketball—at a club or a class organised by your Education Authority.

For your own sake make a serious effort to take the fullest possible advantage of the opportunities for games and physical recreation which exist in your neighbourhood.

But don't be disappointed if you can't find immediately the opportunities which

you would most like. There are many ways of keeping fit which need little or no equipment and can be practised by you yourself without help from anyone else.

People who do a "daily dozen" know how it helps them to face the problems of life cheerfully and keeps them "in the pink." Why don't you start now? The Clerk of your Council can put you in touch with experts who will give you advice. Write to him today.

Take a walk in the country at the weekend, either by yourself or with a hiking club. Use your bicycle more. Join a club and tour the countryside in the company of others. You will gain in health and fitness and have lots of fun as well.

Remember that your health and fitness depends upon yourself. The National Fitness Council are trying to help you: you can help them by taking active steps to get fit and keep fit.

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