

# MCTF PHYSICAL FITNESS



## WHAT IS PHYSICAL FITNESS?

Physical Fitness is the well-rounded knowledge, skills, and performance needed to optimize an individual's athletic capability. This includes training to enhance strength, agility, aerobic capacity, endurance, and functional mobility as well as maintaining proper sleep hygiene, nutrition, and rest and recovery protocols.

## WHY IS PHYSICAL FITNESS ESSENTIAL?

The Marine Corps is a physically demanding warrior profession. Both personally and in their profession as the Nation's crisis response force, Marines must be prepared to meet and overcome challenges. Physical fitness ensures Marines remain capable of maneuvering, enduring, and succeeding. All other domains of fitness are positively impacted by physical fitness, too. Marines must remain physically fit so they can fight and win all of life's battles.

## ACHIEVING PHYSICAL FITNESS

In addition to regular physical training and exercise, strengthening the body for maximum performance requires adopting a healthy lifestyle that includes:

- Maintaining good health and fitness
- Getting proper nutrition, hydration, and sleep
- Managing fatigue
- Preventing Injuries
- Recovering from injuries

## FITNESS FACTS

### 1. STRENGTH TRAINING

Building muscle strength and power provides a foundation for better physical performance.

### 2. CARDIOVASCULAR TRAINING

Maintaining aerobic fitness improves endurance and stamina, allowing Marines to perform at their best for longer periods

### 3. FLEXIBILITY AND MOBILITY TRAINING

Enhancing flexibility and range of motion reduces injury risk and improves overall athleticism.

### 4. TRAINING PERIODS

Dividing training into distinct phases with varying intensity and areas of focus optimizes performance and prevents overtraining.

### 5. REST AND RECOVERY

Maintaining aerobic fitness improves endurance and stamina, allowing Marines to perform at their best for longer periods

### 6. NUTRITION AND HYDRATION

Maintaining aerobic fitness improves endurance and stamina, allowing Marines to perform at their best for longer periods

## PHYSICALLY FIT MARINES

- Build and maintain necessary physical strength, fitness, and endurance.
- Prioritize injury prevention, proper nutrition, and adequate recovery time and sleep.
- Make lifestyle decisions that support overall health, fitness, and readiness.
- Meet or exceed PFT/CFT standards.
- Meet body composition standards.
- Receive medical and dental clearance for full duty.