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It examines the relationship between medical fitness and resilience, using key constructs found in the scientific literature, which address preventive care, the presence and management of injuries and chronic conditions, and facilitators and barriers to access of appropriate health care. Supporting or increasing the levels of the key measures of medical fitness identified in this report may facilitate resilience and can protect Airmen, civilian employees, and Air Force families from the ...

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Physical fitness is one pathway toward resilience because it is associated with many traits and attributes required for resilience.

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