



Fact Sheets

By the American College of Sports Medicine (ACSM)

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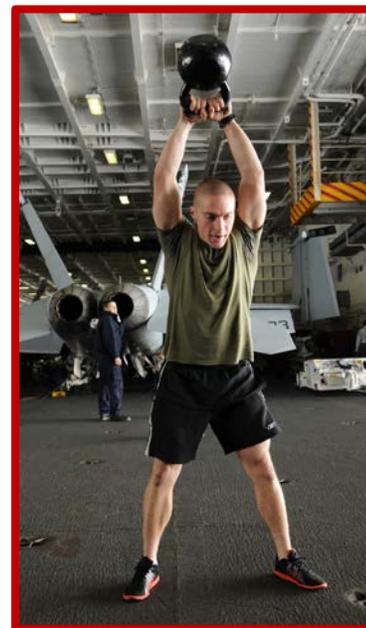
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Naval Air Crewman 2nd Class Nicholas Kobach performs physical training in the hangar bay of the aircraft carrier USS Nimitz (CVN 68). (U.S. Navy photo by Mass Communication Specialist Seaman Jesse Monford / Released)