



Exercise Programs

FIT FACTS

While exercise programs often vary from person to person based on fitness levels and goals, each one should include aerobic exercise, and resistance and flexibility training. Those components will help you improve your fitness level and help you overcome obstacles that challenge your agility, balance, coordination, endurance and strength in everyday life.

[Fostering a Workplace Culture of Physical Activity](#)

[If You Don't Use It, Will You Lose It?](#)

[Periodized Training and Why It Is Important](#)

[Three Things Every Exercise Program Should Have](#)

[Time –Saving Tips for On-The-Job Fitness](#)

[Travel Fitness: A Plan of Action to Keep You Active](#)

[Warm Up to Work Out](#)



ATLANTIC OCEAN: Sailors ride stationary bikes during a physical fitness assessment in the hangar bay aboard the aircraft carrier USS Harry S. Truman (CVN 75). (U.S. Navy photo by Mass Communication Specialist 3rd Class Donald White Jr./Released)