



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE
WASHINGTON, D.C.

REPLY TO
ATTN OF: Your Supervisor

SUBJECT: Physical Fitness

A New Lieutenant

Some people say the body is the temple of the soul. I am not schooled enough to provide any evidence supporting or denying the veracity of this statement; however, I firmly believe that physical fitness is another of our important responsibilities. From a purely physiological standpoint, a physically fit person is more alert, has greater energy, and is better able to cope with the stress of his dynamic requirements and personal responsibilities.

Physical fitness becomes even more important when we take a hard look at our total military responsibility. While I share the philosophy that the best weapon is the one that is never fired in battle and the best soldier is the one who never has to fight, we cannot discount the possibility of being personally engaged in combat. In the final analysis, we must be prepared to fulfill our role as warriors. The stress of combat, whether it be an engagement in aerial combat, rapid repair of battle damaged equipment, or accomplishing administrative duties under the threat of direct attack, can be absolutely devastating if we are not physically fit.

Get in shape. Stay in shape. That says it all.

A handwritten signature in cursive script that reads "Paul G. Patton".

Paul G. Patton, Colonel, USAF
AN OLD LIEUTENANT