

## ACKNOWLEDGMENT

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## FOREWORD

The Five Basic Exercises (5BX) Plan presented in this booklet is designed to show you how to develop and hold a high level of physical fitness, regardless of where you may be located. The scheme is not dependent on elaborate facilities or equipment. The exercises require only eleven minutes a day and can be done in your bedroom or beside your bed in the barracks.

The diversity of work assignments, combined with lack of adequate gymnasium facilities at many of our stations makes it difficult to schedule formal physical training periods for all our personnel. The 5BX Plan puts physical fitness within reach of every member of the RCAF.

It is your duty and responsibility as a member of the RCAF to maintain a high level of physical fitness and be ready for any emergency which may require the extended use of your physical resources. Positive physical well-being is also closely allied with mental and emotional fitness, all of which are essential in the discharge of normal daily tasks.

Chief of the Defence Staff