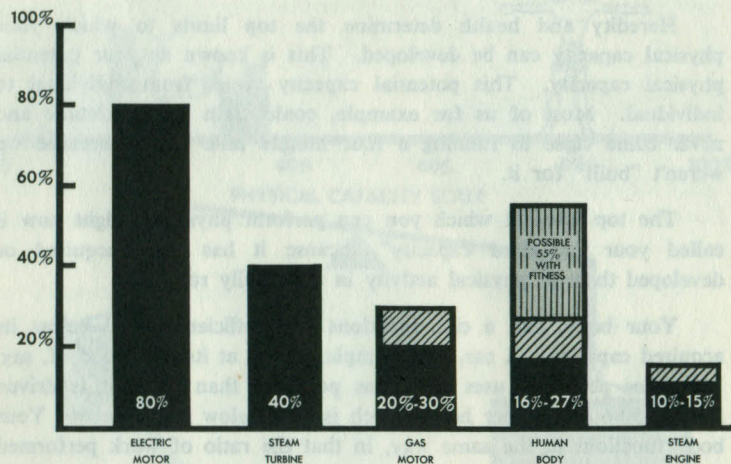
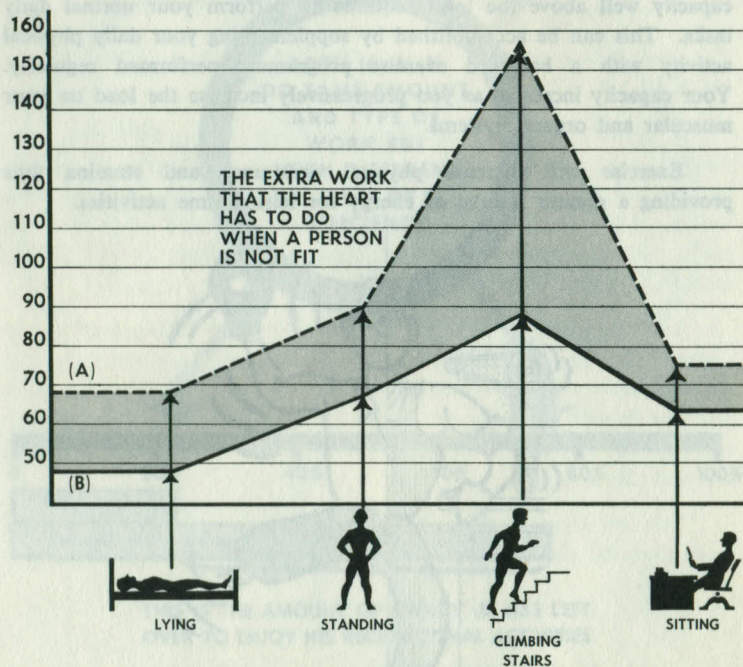


PHYSICAL EFFICIENCY COMPARISONS



The efficiency of the human body compares poorly with the modern machine. However, through regular exercise its efficiency can be considerably increased.



This graph illustrates the number of heart beats required for your different routine activities by a human being, (A) before and (B) after a regular vigorous exercise programme.

The contribution of sports and other activities to basic physical efficiency

Just as a balanced diet must be composed of a sufficient quantity of the proper kinds of foods to ensure that nutritional requirements are adequately met, so should a balanced physical activity programme be composed of a sufficient quantity of the proper kind of physical activity so that all the important parts of the body are adequately exercised.

The parts of the body that require special attention are the muscles of the shoulder and arms, abdomen and back, legs, and the heart, lungs and blood vessels.

No single sport provides a truly balanced development for all parts of the body. This can only be acquired by regular participation in a number of carefully selected sports. Such participation, however, is not possible for the average person for a number of reasons—availability of play opportunity, time, finances. The most practical physical fitness scheme for most of us is participation in one or two sports supplemented by a balanced set of exercises. The 5BX programme has been designed to bring physical fitness within the reach of any healthy person who is willing to devote 11 minutes a day to a simple but balanced set of exercises.

