

## CAUTION

### *Before You Start . . .*

If you have any doubt as to your capability to undertake this programme, see your medical adviser.

You should not perform fast, vigorous, or highly competitive physical activity without gradually developing and continuously maintaining an adequate level of physical fitness, particularly if you are over the age of 30.

### *For Whom? . . .*

This exercise programme has been designed for varying age groups covering male members of the Royal Canadian Air Force, Royal Canadian Air Cadets, and dependent children.

A similar exercise programme for girls and women has been published under the title "XBX Plan for Physical Fitness," and may be purchased from the Queen's Printer, Ottawa, at 35 cents per copy."

## THE ROYAL CANADIAN AIR FORCE

# 5BX Plan

Here is a new scientifically designed approach to Physical Fitness which can develop an adequate level of reserve energy needed for vigorous positive well being and zestful living.

This plan enables you to get fit:

**By yourself**

**At home**

**In your spare time**

**At your own rate of progress**

**Without discomfort and**

**in only 11 minutes a day.**