

The President's Council For Physical Fitness advertisement.

[s.l.]: [s.n.], 1972

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ONE IN SIX CAN'T KEEP UP

Exercise builds strong bodies. Strength and coordination help a child to be healthy and happy, but...

in America today, many normally healthy children cannot pass a simple fitness test: one in six cannot do twenty situps or even one pullup.

These children lack the strength and stamina they need. Unable to keep up with their friends, many remain inactive for the rest of their lives.

Don't let this happen. Your local school or recreation center should be able to tell you if your child

needs help. Many schools have special programs for boys and girls to improve strength and endurance. If your child needs help, see that he or she gets it—now.

Send for this free booklet.

Write:
Fitness
Washington, D.C.
20201

**Fitness
Test
and
Program**



In the long run, they'll be the winners.

The President's Council on Physical Fitness and Sports