The following definitions of physical fitness, wellness and health apply to all APTA documents:

Physical Fitness: A dynamic physical state – comprising cardiovascular/pulmonary endurance; muscle strength, power, endurance and flexibility; relaxation; and body composition – that allows optimal and efficient performance of daily and leisure activities.

Wellness: A multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being.

Health status: The state or status of the conditions that comprise good health.

Health: A state of being associated with freedom from disease, injury, and illness that also includes a positive component (wellness) that is associated with a quality of life and positive well being.

(Practice Department, ext 3176)

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Explanation of Reference Numbers:
BOD P00-00-01-00 stands for Board of Directors/month/year/page/vote in the Board of Directors Minutes; the "P" indicates that it is a position (see below). For example, BOD P11-97-06-18 means that this position can be found in the November 1997 Board of Directors minutes on Page 6 and that it was Vote 18.