



# MARINES

## PHYSICAL FITNESS



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Marine Officers lead Marines in every aspect of what they do. When it comes to physical fitness, they expect the same high performance and discipline from themselves as they do from the Marines for whom they are responsible. For Marine Officers, physical fitness isn't just being in great shape, it is being ready to go to battle and defend the Nation at any time.

- Marines must maintain their fitness and are tested annually:
  - Physical Fitness Test
  - Combat Fitness Test
- Marines receive additional training to stay sharp of mind and body:
  - Marine Corps Martial Arts Program (MCMAP)
  - High Intensity Tactical Training
  - Professional Military Education
- As a Marine, you have access to:
  - Recreational activities and facilities
  - Sports teams
  - Interbase/Interservice Competitions