

# **Medical Fitness And Resilience: A Review Of Relevant Constructs, Measures, And Links To Well-Being (Rand Project Air Force Series On Resiliency)**

**By Regina A. Shih**

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Resilience Fitness is a Health Club at 7213 267th Street NW, Stanwood, WA 98292. Wellness.com provides reviews, contact information, driving directions and the phone

<http://www.wellness.com/dir/1246870/health-club/resilience-fitness/stanwood/wa>

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## **Physical fitness: a pathway to health and -**

1. US Army Med Dep J. 2013 Oct-Dec:24-35. Physical fitness: a pathway to health and resilience. Deuster PA(1), Silverman MN. Author information: (1

<http://www.ncbi.nlm.nih.gov/pubmed/24146240>

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