

## IN A NUTSHELL: PHYSICAL FITNESS

- It is **very important for a cdt to be physically fit**. When you get to NDA, as I am sure you all will, physical fitness will be expected of you as a cdt from AFPI.
- PT parades are conducted with a view to ensuring physical fitness. PT tests to be passed by cdt's are as under:-
  - **Basic PT tests** – (equivalent of first term NDA tests.)
  - **Higher PT tests** – (equivalent of second term NDA tests.)
  - **Excellence PT tests** – (equivalent of third term NDA tests.) Cdt's who clear the Excellence test will be awarded a **PT Badge**.
- For the time being, while cdt's are at home due to lockdown you need to focus only on the Basic PT Tests which are as under: -
  - 2.4 km run in 11 mins
  - Bent knee sit ups 30 in one min
  - Push ups 20 in 50 secs
  - 100 mtr sprint in 16 Secs
  - Swimming – 50 m breast stroke
- You may not be able to practice the 2.4 km run and sprint right now because of the lockdown. Try and do some rope skipping at home if possible.
- Do not worry about swimming. This will be taught to you when you join.
- Make it a habit to do push ups and sit ups at home every day. This will make you physically fit and you will be able to benefit from PT parades in a much better way when you come here. Strengthen your arms and abdomens.
- **Obesity** – some cdt's have a tendency to put on weight. This is deplorable and certainly not acceptable from the NDA point of view. You must NEVER be overweight. Weight control is best done through a combination of diet control and regular exercise. **Weight check of all cdt's is done regularly and obese cdt's are liable to be withdrawn on medical grounds.**

**“Nischay kar apni jeet karoon”**