

# **1. CHAPTER THIRTEEN: PHYSICAL TRAINING**

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## **1.1 Sport and Physical Training**

Sport and Physical Training (PT) is one of the best ways to build relationships in a Unit and is an ideal way to keep fit for the task. Representatives are, therefore, encouraged to become involved in Unit sporting fixtures and the physical training program. It will mean a commitment often difficult to keep but is usually worthwhile and can be a good bridge to sound relationships.