



# **Medical Fitness and Resilience: A Review of Relevant Constructs, Measures, and Links to Well-Being (Rand Project Air Force Series on Resiliency)**

*Regina A. Shih, Sarah O. Meadows, Margret T. Martin*

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This report is one of a series designed to support Air Force leaders in promoting resilience among its Airmen, civilian employees, and Air Force families. It examines the relationship between medical fitness and resilience, using key constructs found in the scientific literature, which address preventive care, the presence and management of injuries and chronic conditions, and facilitators and barriers to access of appropriate health care.

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