

In his classic book AEROBICS Dr. Kenneth Cooper states:
 "The best exercises are running, swimming, cycling, walking, HANDBALL, basketball, and squash- and in just about that order." Handball also develops each of the other components of physical fitness. In a survey by the Presidents Council on Physical Fitness and Sports, fourteen popular sports and exercises were rated by seven fitness experts. Using the criteria of cardio-respiratory endurance, muscular endurance, muscular strength, flexibility, and balance, **HANDBALL WAS RANKED NUMBER ONE**, followed by swimming and jogging."

RATING FORMS OF EXERCISE.

At the request of the President's Council on Physical Fitness and Sports, seven medical experts rated 14 sports and exercises for their contribution to physical well-being. Each activity was rated on a scale of 0 to 3. In other words, a rating of 21 for an exercise means that it offers the most benefit, since all seven experts gave it a Score of 3. The results:

	<i>Physical Fitness</i>					<i>General Well-Being</i>				Total Score
	Stamina	Muscular Endurance	Muscular Strength	Flexibility	Balance	Weight Control	Muscle Definition	Digestion	Sleep	
Jogging	21	20	17	9	17	21	14	13	16	148
Bicycling	19	18	16	9	18	20	15	12	15	142
Swimming	21	20	14	15	12	15	14	13	16	140
Skating-ice or roller	18	17	15	13	20	17	14	11	15	140
Handball/squash	19	18	15	16	17	19	11	13	12	140
Skiing-cross-country	19	19	15	14	16	17	12	12	15	139
Skiing-downhill	16	18	15	14	21	15	14	9	12	134
Basketball	19	17	15	13	16	19	13	10	12	134
Tennis	16	16	14	14	16	16	13	12	11	128
Calisthenics	10	13	16	19	15	12	18	11	12	126
Walking	13	14	11	7	8	13	11	11	14	102
Golf	8	8	9	8	8	6	6	7	6	66
Softball	6	8	9	8	8	7	5	8	7	64
Bowling	5	5	5	7	6	5	5	7	6	51

Frequency. The ratings are based on vigorous exercise for 30 minutes to an hour, at least four times per week. The golf ratings assume use of a cart or caddy, or both. Walking the links greatly improves golf's fitness value.

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