



## Importance of being physically fit as par of disaster preparation

An interesting element of preparedness was identified by a small number of participants who suggested the need to be physically fit as part of a preparation for disasters.

### Applicable to:

Stakeholders: [Norms/values](#)

Disaster Phases: [Preparedness](#)

Types of Actors Concerned: [Active citizens](#), [Healthcare and emergency services](#)

Hazards: [Natural hazards](#), [Man-made non-intentional hazards or emergency situations](#), [Man-made intentional hazards](#)

### Recommendations:

- [Foster the adoption of a culture of disaster prevention and resilience by informing and motivating citizens to take action](#)

### Source

[Deliverable D5.3 "Report on citizens' reactions and opinions: Citizen Summit 1 \(Bucharest, Romania\)" \(page 14\)](#)

*This file was generated automatically on: 12.02.2019.*

**Importance of being physically fit as par of disaster preparation**

<https://culturalmap.carismand.eu/a/5-3-15-importance-of-being-physically-fit-as-par-of-disaster-preparation>