Fitness

The Fitness Programming initiatives at Lehigh exist to promote the development of a physically educated person. Opportunities are provided for all members of the Lehigh community to learn skills necessary to perform a variety of physical activities and acknowledge the implications of and the benefits from involvement in physical activities. We teach the value of physical activity and its contribution to a healthful lifestyle. Our programs focus on activities in which a person can participate over the course of a lifetime, and contribute to the development of health-related components of physical fitness through sport.