

Ball playing trains the eye... (because the player) judges its flight accurately. The player will also sharpen his critical abilities by planning how to catch the ball and stay out of the middle, and how to snatch the ball if he happens to be in the middle. Thinking alone will keep weight down, but if it is mixed with some exercise and rivalry which ends in pleasure, it promotes health in the body and intelligence in the mind. This is an important benefit if an exercise can aid both the body and the mind toward the arete which is inherent in each.

*Galen, On Exercise With The Small Ball Ca. A.D. 180;
Translated By Miller, 2004, P. 122*

A state of mind concerned with deliberate choice, consisting of the mean relative to us, as determined by a rational principle, that is, as a “phronimos” (i.e., man of practical wisdom) would determine it. It is a mean between two vices—one stemming from excess, the other from defect—and, once again, while the vices either exceed or fall short of what is appropriate in feelings and actions, arete finds the mean and chooses it. Thus, concerning its essential quality and the definition which states what it really consists of, **arete/excellence** is the mean, but concerning what is best and right it is an extreme. (NE, II 6, 1106b35-1107a5).

(Aristotle, NE, II 6, 1106b35-1107a5)