Since only modest amounts of exercise are needed for obtaining health benefits, most students who participate in physical activity every day will be able to achieve a score that will place them in the Healthy Fitness Zone.

AEROCAPACITY

Aerobic capacity is a measure of the ability of the heart, lungs, and muscles to perform sustained physical activity. In general, the more your child exercises, the higher his or her aerobic capacity level will be. Aerobic capacity is measured with the PACER test, the one-mile run, or the walk test.

Importance: Good aerobic capacity can reduce risks of heart disease, stroke, and diabetes. Although generally not present in children, these diseases can begin during childhood and adolescence.

Healthy Fitness Zone for 12 year-old boys: >= 40.3 ml/kg/min

MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY

These components of health-related fitness measure the overall fitness of the muscular-skeletal system. A variety of tests are used to assess these different components.

Importance: The fitness level of muscles is important for injury prevention and overall body function. Strength, endurance, and flexibility are important for maintaining good health, low back health, and total body function.

Healthy Fitness Zone for 12 year-old boys: Curl-Ups >= 18 repetitions
Trunk Lift: 9 - 12 inches
Push-Ups: >= 10 repetitions
Back-Saver Sit and Reach: At least 8 inches on R & L

BODY COMPOSITION

Healthy Fitness Zone for 12 year-old boys: 15.1 - 20.5

Body Mass Index (BMI) is an indicator of body composition that determines if a person is at a healthy weight for his or her height.

Importance: Overweight youth are at high risk for being overweight adults. Adult obesity is associated with a number of chronic health problems. Many of these health problems can begin early in life.

To promote good health and maintain this healthy level, encourage your child to do the following:

- Be active every day (60 minutes is the goal but some is better than none)
- Limit time watching TV or playing video games.
- Adopt a healthy diet containing fresh fruits and vegetables.
- Eat limited amounts of foods with solid fats and added sugars.

Body Mass Index

Healthy Fitness Zone

Needs Improvement

Reading Level

Increased activity as well as eating a healthy controlled diet can help students achieve the Healthy Fitness Zone.

Healthy Fitness Zone shows the level of fitness needed for good health. Increased activity as well as eating a healthy controlled diet can help students achieve the Healthy Fitness Zone.

 Provides current and most recent past assessment results.

Scores do not compare students to each other or reflect athletic ability, but instead are based on age- and gender-appropriate levels of fitness needed to be in good health.

“Needs Improvement-Some Risk” means that if the student continues to track at this level, the potential for future health risks is possible rather than probable.

“High Risk” indicates that the potential for future health problems is probable. The need for increased activity and eating a healthy controlled diet is more urgent for students in this category than those at “some” risk.

Charlie Brown
Grade: 6  Age: 12
Jefferon Middle School
Instructor: Kathy Read
Date  Height  Weight
Current: 02/18/2011  5’5”  122 lbs
Past: 08/15/2010  5’4”  125 lbs

Aerobic Capacity (VO2Max)

Healthy Fitness Zone

Needs Improvement

Reading Level

Current: 42.5
Past: 41.2

Your score for Aerobic Capacity is based on the number of PACER laps and BMI. It shows your ability to do activities such as running, cycling, or sports at a high level.

PACER Laps: 15
BMI: 20.9

(Heartbeat) Curl-Up

Healthy Fitness Zone

Needs Improvement

Reading Level

Current: 28
Past: 25

(Trunk Extension) Trunk Lift

Current: 10
Past: 9

(Upper Body) Push-Up

Current: 10
Past: 9

(Flexibility) Back-Saver Sit and Reach R, L

Current: 0, 9, 9, 0
Past: 0, 9, 0, 0

Body Mass Index

Healthy Fitness Zone

Needs Improvement

Reading Level

Current: 20.3
Past: 21.5

Other Resources at www.healthmpowers.org

See Quick Links - SHAPE
Communications - SHAPE Powers Point Parents
Communications- Frequently Asked Questions about Fitnessgram
Communications - Parental Overview of FG in Georgia

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With regular physical activity most children will be able to score in the Healthy Fitness Zone for most tests. Children in the Needs Improvement area should have additional opportunities to be active. See back of page for more information.