



Report for Parents

People come in all shapes and sizes, but everyone can benefit from regular physical activity and a healthy level of physical fitness. The FITNESSGRAM fitness test battery evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Parents play an important role in shaping children's physical activity and dietary habits. This report will help you evaluate your child's current level of health-related fitness and help you identify ways to promote healthy lifestyles in your family.

AEROBIC CAPACITY

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 musculoskeletal 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 posture, low back health, and total body function.

Healthy Fitness Zone for 12 year-old boys

- Curl-Up: ≥ 18 repetitions
- Trunk Lift: 9 - 12 inches
- Push-Up: ≥ 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. Congratulations! Charlie's BMI is in the Healthy Fitness Zone. 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.

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.

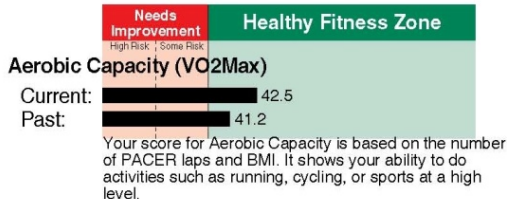
Charlie Brown

Grade: 6 Age: 12

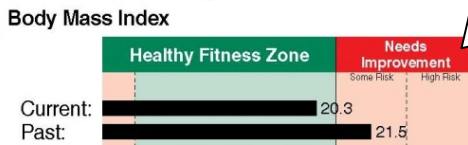
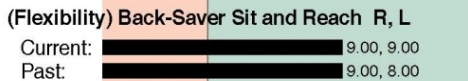
Jefferson Middle School

Instructor: Kathy Read

| Date | Height | Weight |
|---------------------|--------|---------|
| Current: 02/18/2011 | 5' 5" | 122 lbs |
| Past: 09/18/2010 | 5' 4" | 125 lbs |



| Category | Current | Past |
|------------|---------|------|
| PACER Laps | 15 | 12 |
| BMI | 20.3 | 21.5 |



Being too lean or too heavy may be a sign of (or lead to) health problems. However, not all people who are outside the Healthy Fitness Zone are at risk for health problems. For example, a person with a lot of muscle may have a high BMI without excess fat.

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.

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 personalized tips and suggestions that can help students and families improve health and fitness.

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.

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