

| | Date | Height | Weight |
|----------|------------|--------|--------|
| Current: | 09/30/2011 | 4' 5" | 70 lbs |

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 9 year-old boys: Participation in PACER

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 9 year-old boys

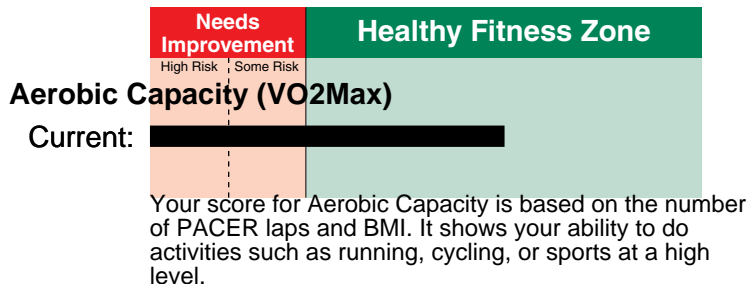
- Curl-Up: >= 9 repetitions
- Trunk Lift: 6 - 12 inches
- Push-Up: >= 6 repetitions
- Back-Saver Sit and Reach: At least 8 inches on R & L

BODY COMPOSITION

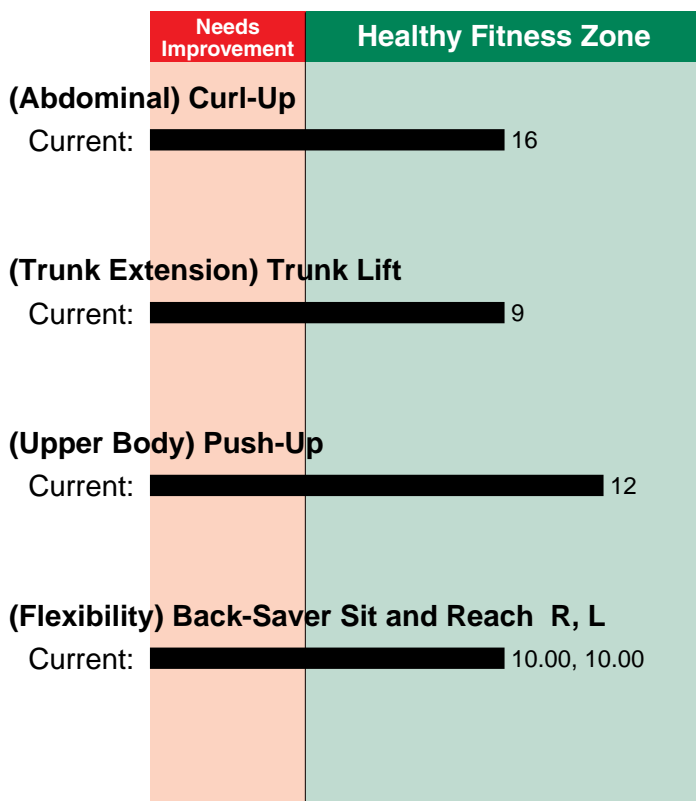
Healthy Fitness Zone for 9 year-old boys: 14.1 - 18.5

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! John's BMI is in the Healthy Fitness Zone. To promote good health and maintain this healthy level, encourage your child to do the following:

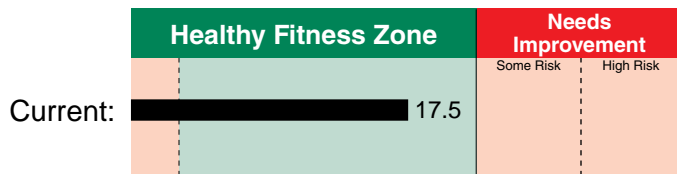
- Be active every day (60 minutes is the goal but some is better than none).
- Limit time watching TV or playing video games.
- Adopt a healthy diet containing fresh fruits and vegetables.
- Eat limited amounts of foods with solid fats and added sugars.



| | PACER Laps | BMI |
|----------|------------|------|
| Current: | 24 | 17.5 |



Body Mass Index



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.

about FITNESSGRAM[®]

FITNESSGRAM PHILOSOPHY

- H** **HEALTH** comes from regular physical activity and the development of health-related fitness.
- E** Physical activity and fitness are for **EVERYONE** regardless of age, gender, or ability.
- L** Physical activity and physical fitness are for a **LIFETIME**. Aim to develop lifelong patterns of physical activity.
- P** Physical activity programs should be designed to meet **PERSONAL** needs and interests.

UNDERSTANDING THE HEALTHY FITNESS ZONE

A unique feature of FITNESSGRAM is that it uses scientifically determined standards that are based on how fit children should be for good health. Most children can achieve the health-related fitness standards if they perform sufficient amounts of physical activity on a regular basis. The standards are set specifically for boys and girls and take into account changes with age. Regular participation in aerobic physical activity, which involves sustained movement of large muscle groups, may help children improve their aerobic capacity and maintain healthy body composition. Regular muscular and flexibility exercise can help to improve strength and flexibility.

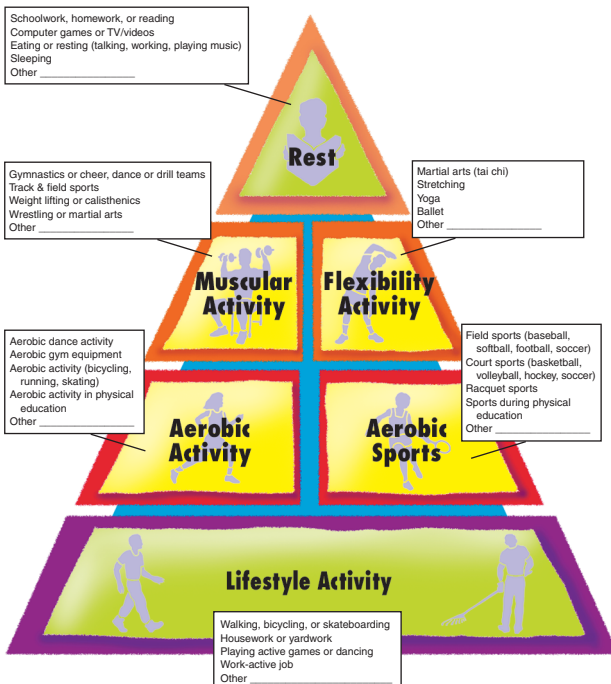
HOW CAN YOU HELP?

The FITNESSGRAM philosophy spells HELP because we need your help to promote physical activity and fitness for your child. If parents value physical activity and encourage their children to be active regularly, children are more likely to view physical activity as an important part of their daily lives. These tips may help you encourage your child to be active:

- Provide a safe play area for your child to play and opportunities to be active.
- Provide equipment and supplies that allow your child to be active.
- Put limits on television time and video game usage (especially right after school).
- Participate in physical activity with your child.
- Help your child develop good physical skills so that he or she can feel competent.

For additional information on the FITNESSGRAM tests or to learn about how the Health Fitness Zones were established, visit the FITNESSGRAM Reference Guide at www.fitnessgram.net.

THE PHYSICAL ACTIVITY PYRAMID FOR CHILDREN



The Physical Activity Pyramid provides a way of describing the variety of physical activities that contribute to good health. Children are encouraged to learn and perform activities from each of the first three levels of the pyramid.

- Level 1 of the pyramid includes lifestyle activities, or activities that can be done as part of daily living. Activities at this level include walking to school, riding a bike, raking leaves, cleaning house, and general outdoor play of all kinds. These types of activity are emphasized because people are more likely to do them throughout their lifetimes.
- As children grow older, they will be interested in activities at level 2, including aerobic sports and other aerobic activities.
- Activities in level 3 include flexibility and muscular fitness activities.

Children should be introduced to the level 2 and level 3 activities gradually and at a rate consistent with their skills, age, and level of maturation.

Long periods of inactivity are inappropriate for children. For this reason it is important that children have several play periods in the form of recess or physical education each day and that they have opportunities to be active before and after school.

FITNESSGRAM was developed by The Cooper Institute and is endorsed by the American Alliance for Health, Physical Education, Recreation and Dance. For information, go to www.fitnessgram.net.

Based in Dallas, The Cooper Institute (www.cooperinst.org) is a nonprofit research and education center dedicated to advancing the understanding of the relationship between living habits and health and to providing leadership in implementing these concepts to enhance the physical and emotional well-being of the individual.

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