



**Department of
Education**

Joel I. Klein, Chancellor

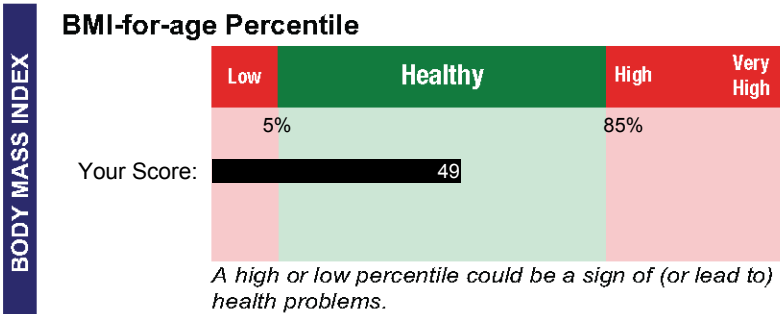


REPORT FOR STUDENT

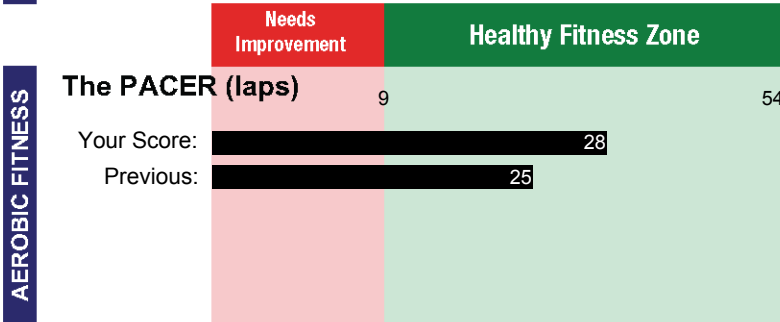
Test ID	Test Name	Height	Weight
4	Current: 2007-2008 Test	4' 5"	67 lbs

Ashley Sample
Grade: 05 Age: 10 Class: 500
P.S. 000 School District 00
Instructor: John Smith

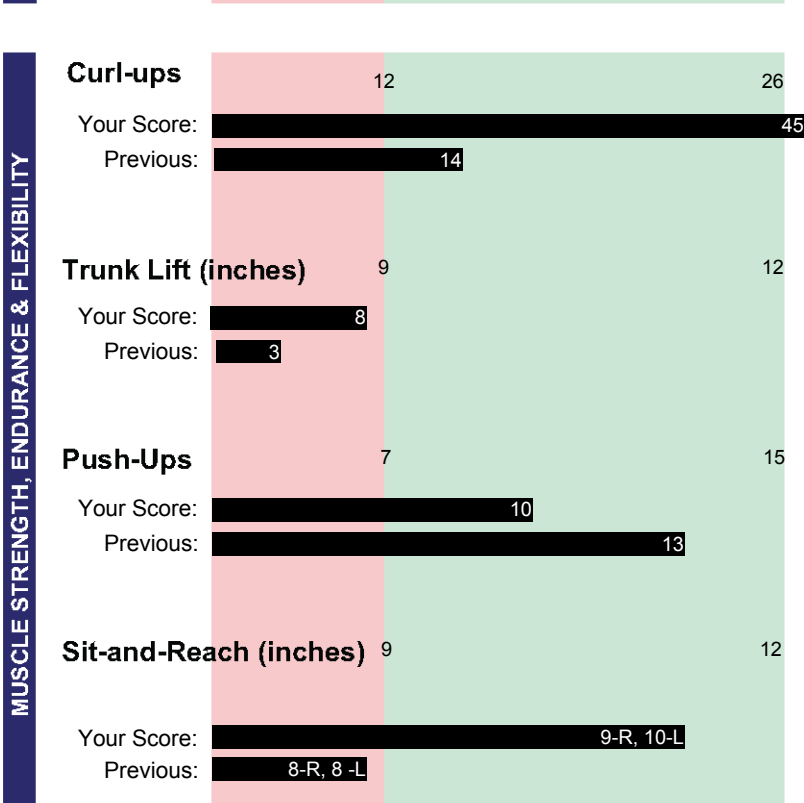
To be healthy and fit, it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.



Ashley, your BMI is in a healthy range. Stay healthy! Get at least 60 minutes of physical activity most days. Avoid sugary foods and drinks. Eat plenty of fruits and vegetables.



Your aerobic capacity score is in the Healthy Fitness Zone. To maintain fitness, you should be active most days of the week. Try to play active games, sports, or other activities you enjoy a total of 60 minutes each day.



You can improve your trunk extension by doing repeated trunk lifts in a slow, controlled manner. Do these exercises 3 to 5 days each week.

Your abdominal and upper-body strength are both in the Healthy Fitness Zone. To maintain your fitness, abdominal exercises should be done 3 to 5 days each week. Strength activities for other parts of your body should be done 2 to 3 days each week.

Your flexibility is in the Healthy Fitness Zone. Maintain your fitness by stretching slowly 3 or 4 days each week, holding the stretch 20-30 seconds.

Your scores on 5 of 6 tests were in or above the Healthy Fitness Zone. In addition to doing strength and flexibility exercises, you should play active games, sports, or other activities most every day.

More Information About



EXPLANATION OF NYC FITNESSGRAM TESTS

Body Mass Index (BMI)

Body Mass Index (BMI) is a measure that compares a person's weight and height. The BMI-for-age percentile compares children of the same gender and age. A high or low percentile could mean a health problem. Parents should discuss their child's BMI results with a healthcare provider.

The PACER: *Tests aerobic fitness*

The student runs laps, back and forth between two points to the sound of beeps set to music. Each lap needs to be completed in a certain amount of time. The test ends when the student can no longer complete a lap in the time allowed. The score is the total number of laps completed.



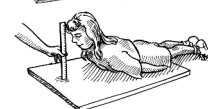
Curl-up: *Tests abdominal strength and endurance*

The curl-up is similar to a "crunch" or a sit-up. The score is the number of curl-ups a student can do.



Trunk lift: *Tests the strength and flexibility of the back*

While lying on the stomach, the student lifts the head and shoulders off the floor. The score is the number of inches a student can lift the head off the floor.



Push-up: *Tests upper body strength and endurance*

The score is the number of push-ups that a student can do at a 90-degree elbow angle.



Back Saver Sit-and-Reach: *Tests flexibility of hamstring muscles*

With the leg straightened, the student reaches as far as possible toward the toes. The score is the number of inches the student can stretch.



HEALTHY KIDS, HEALTHY FAMILIES

- **Get moving!** Kids should get at least 60 minutes of physical activity a day; adults should get at least 30 minutes of physical activity at least 5 days a week. Fun activities work best, such as bicycling, dancing, jumping rope, playing basketball, or going for a walk.
- **Limit TV, video, and computer games to less than 1 hour a day.** They keep you from moving!
- **Eat 5 or more servings of fruits and vegetables a day.** A "serving" is smaller than most people think. Just half a cup, or one medium-sized fruit equals a serving.
- **Don't drink your calories.** Choose water and low-fat milk, not high-calorie sugar sweetened beverages like sodas and juices.
- **Snack on fruits and vegetables instead of chips, cookies and other junk food.**

For more information about fitness and health education programs from the New York City Department of Education, visit schools.nyc.gov/fitness or www.champsnyc.org.

For more information on maintaining a healthy weight from the New York City Department of Health and Mental Hygiene, visit nyc.gov/health/obesity. Or call 311 and ask for Health Bulletin #51: How to Lose Weight.

For more information about Body Mass Index from the U.S. Centers for Disease Control and Prevention, visit www.cdc.gov/bmi.