



INFORMATION FOR PARENTS

What is NYC FITNESSGRAM?

NYC FITNESSGRAM consists of a series of exercises used to measure parts of your child's health-related fitness, including body composition, muscular strength, flexibility, muscular endurance, and aerobic capacity. Your child's physical education teacher received training in how to teach these exercises and collect this information. When all of the exercises are complete, NYC FITNESSGRAM generates reports that parents, teachers, and other adults can use to help students to improve their health-related fitness.

Who will receive a NYC FITNESSGRAM report?

Parents of those students, grades K-12, who participated in NYC FITNESSGRAM will receive printed reports in May that explain their child's health-related fitness. If you believe that you should have received a NYC FITNESSGRAM report but did not, you should contact your school's physical education teacher.

What information is on the report?

For children in grades K-3, parent reports will only show whether the child's Body Mass Index (BMI) percentile is in a healthy range based on the child's age and gender. Students in grades 4-12 will receive two reports: one for themselves, and a different one for their parents. Both of these explain whether the child is in the *Healthy Fitness Zone (HFZ)*, or healthy range based on the child's age and gender, on ALL of the measures of health-related fitness including BMI, aerobic fitness, muscular strength, and flexibility.

What do I do with this report?

The NYC FITNESSGRAM report includes recommendations of steps that everyone can take to improve their health-related fitness. Your child's physical education teacher will work with him or her to set reasonable goals for improving health-related fitness next school year and beyond. If your child is not in the *Healthy Fitness Zone (HFZ)* on one or more measures, you may wish to consult with your physician for further recommendations.

How can I get more information about NYC FITNESSGRAM or my child's report?

You can learn more about NYC FITNESSGRAM or your child's scores by talking with the school's physical education teacher. For general information, you can e-mail questions or comments to nycfitnessgram@schools.nyc.gov. To obtain a copy of NYC FITNESSGRAM in Arabic, Bengali, Chinese, Haitian Creole, Korean, Russian, Urdu, or Spanish, ask your child's principal, or visit the Office of Fitness & Health Education on the DOE website at <http://schools.nyc.gov/fitness>.

Sample NYC FITNESSGRAM Parent Report

A sample of the NYC FITNESSGRAM parent report is shown below. On the front side, parents will see their child's scores (Body Mass Index ONLY if the child is in Grades K-3, all scores for students in Grades 4-12) along with an explanation of the measures of health-related fitness. On the back, parents will see explanations of each of the NYC FITNESSGRAM tests, along with recommendations and resources for improving health-related fitness.



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

REPORT FOR STUDENT

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.

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.



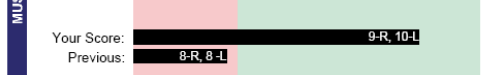
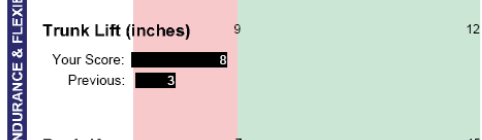
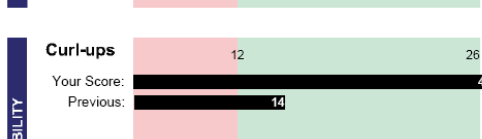
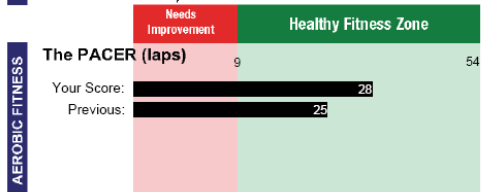
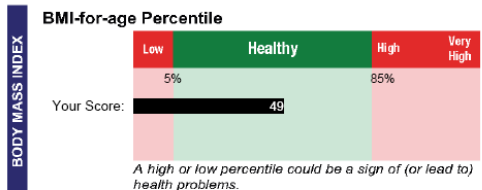
Push-up: Tests upper body strength and endurance

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.