Sample NYC FITNESSGRAM letter for families

Dear Parents and Guardians:

Encouraging our youth to be physically active is more important than ever before. The Centers for Disease Control and the American Academy of Pediatrics recommend 60 minutes of activity a day for all school aged youth. Increasing a child's level of physical activity is essential for improving overall health, and recent studies also indicate that physical fitness levels are associated with academic performance, school attendance, and discipline. As a part of your child's Physical Education program, all students will be participating in the NYC FITNESSGRAM assessment which provides a snapshot of their health-related fitness.

The NYC FITNESSGRAM is not a diagnostic test from a health care professional. It was developed by a national panel of doctors and health and fitness experts for use in schools. It is used in school districts across the country. This physical fitness assessment measures aerobic capacity, muscular strength and endurance, flexibility, and body composition.

We ask that you encourage your child to participate with his/her best effort and to the best of their ability. The NYC FITNESSGRAM assessment is a measure of good health as opposed to athletic ability. Each student will be assessed using the following assessment components:

- Trunk lift (lower back strength) **[Optional: provide assessment date(s)]**
- Back-Saver Sit and Reach (lower back and hamstring flexibility) **[Optional: provide assessment date(s)]**
- Push-Up (upper body strength) **[Optional: provide assessment date(s)]**
- Curl-Up (abdominal strength and endurance) **[Optional: provide assessment date(s)]**
- PACER (aerobic fitness) **[Optional: provide assessment date(s)]**
- Height/Weight (body composition) **[Optional: provide assessment date(s)]**

A confidential NYC FINESSGRAM report will be provided for each student and shared with you through **[provide delivery method information (e.g., mail, parent conferences, school information sent home with your child)]** This report will include your child's scores and information about the FITNESSGRAM Healthy Fitness Zones. The Healthy Fitness Zone represents the level of fitness needed for good health for your child's age and sex. The information on this private report will not be displayed or made public. These results are not part of your child's school records. They are not "grades." However, they can be the start of a family conversation about the importance of health and fitness throughout life.

For more information regarding the NYC FITNESSGRAM assessment, please refer to the family FAQ's on http://schools.nyc.gov/fitnessgram. If you have specific questions, please contact me.

Thank you for your support,
[PE teacher name here]
[Email address and/or phone]

SAMPLE