



**Department of  
Education**

Joel I. Klein, Chancellor

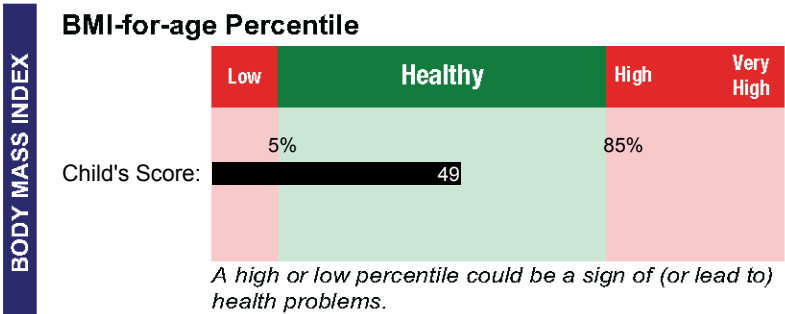


**REPORT FOR PARENTS**

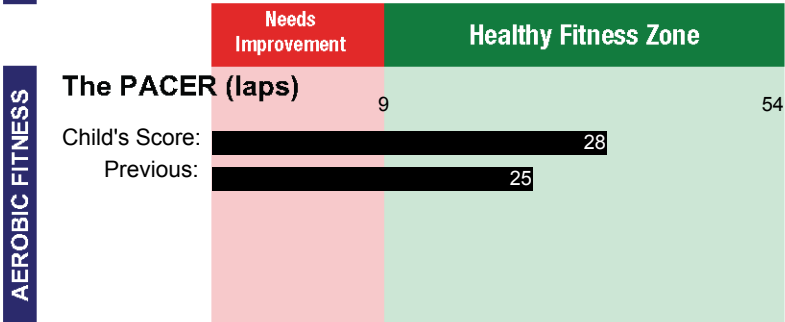
| Test ID | Test Name               | Height | Weight |
|---------|-------------------------|--------|--------|
| 4       | Current: 2007-2008 Test | 4' 5"  | 67 lbs |

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

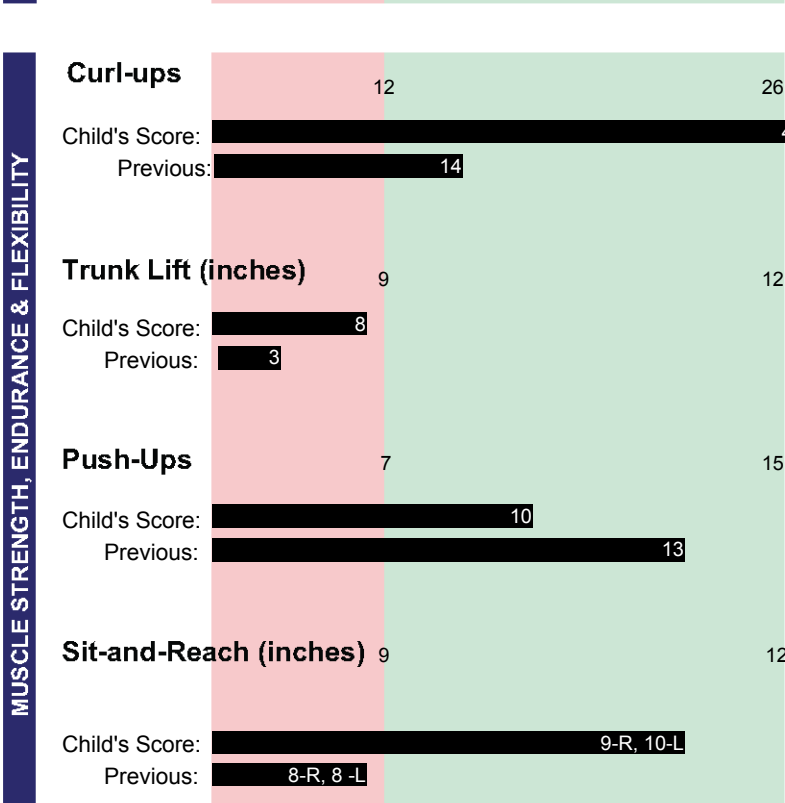
People come in all shapes and sizes, but regular exercise and a healthy level of fitness are good for everyone! NYC FITNESSGRAM measures different parts of health-related fitness, each of which is explained below. Adults play an important role in shaping students' physical activity and eating habits. This report will help you understand your child's current level of health-related fitness and help you find ways to improve your family's health.



**BMI-for-age Percentile**  
 Body Mass Index (BMI) measures height and weight. The percentile compares your child's BMI to other children. Having a BMI that is high or low can lead to health problems. Parents should discuss their child's BMI results with a health care provider. To protect your child's health, avoid sugary foods and drinks, offer fruit and vegetables and other healthy food choices, and encourage at least 1 hour of regular physical activity daily.



**AEROBIC FITNESS**  
 Aerobic fitness measures how well the heart, lungs, and muscles can perform physical activity. In general, the more a person exercises, the better his or her aerobic fitness will be. Aerobic fitness is measured with the PACER test (see reverse). Good aerobic fitness can reduce the risk of heart disease, stroke, and diabetes during childhood and later in life.



**MUSCLE STRENGTH, ENDURANCE & FLEXIBILITY**  
 Muscle strength, endurance, and flexibility use the curl-up test, the push-up test, the sit-and-reach test, and the trunk lift (see reverse) to measure the fitness of muscles and bones. Muscle fitness helps to prevent injury and to keep the body working properly. Strength, endurance, and flexibility are important for good posture, a healthy lower back, and overall body function.

**UNDERSTANDING THE NYC FITNESSGRAM REPORT**  
 With regular physical activity, most young people will be able to score in the Healthy Fitness Zone (HFZ) on most tests. The HFZ uses science-based standards about how fit young people should be for good health. These standards are different for boys and girls, and for different ages and sizes. Young people need to be active every day (60 minutes per day is recommended), even if they are already fit. If your child's scores fall within the red areas on any test, it is important to find more ways for her or him to be active to improve fitness.

# 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.



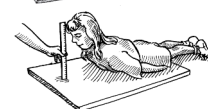
### Curl-up: *Tests abdominal strength and endurance*

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](http://schools.nyc.gov/fitness) or [www.champsnyc.org](http://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](http://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](http://www.cdc.gov/bmi).