

FITNESSGRAM[®]



Grade: 4 Age: 10

Manchester Collegae

Instructor: 1 Mr. Forbes

	Test Date	Height	Weight
Current	09/18/08	4'10"	101
Past	04/03/08	4'10"	95

Needs Improvement | **Healthy Fitness Zone** (Good — Better) | My Scores

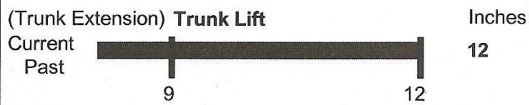
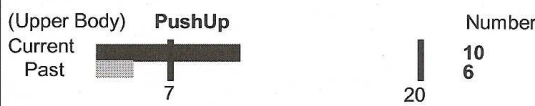
AEROBIC CAPACITY



VO₂max Indicates ability to use oxygen. Expressed as ml of oxygen per kg body weight per minute. Healthy Fitness Zone begins at 42.



MUSCLE STRENGTH, ENDURANCE & FLEXIBILITY



If given, the flexibility test is performed on the right and left and is evaluated as 'Yes' or 'No' on both sides.



BODY COMPOSITION



ACTIVITY

Number of Days

On how many of the past 7 days did you participate in any physical activity for a total of 30-60 minutes, or more, over the course of a day?

On how many of the past 7 days did you do exercises to strengthen or tone your muscles?

On how many of the past 7 days did you do stretching exercises to loosen up or relax your muscles?

MESSAGES

Way to go! Your scores on 4 of 6 test items were in or above the Healthy Fitness Zone. Scoring in the Healthy Fitness Zone will help you look and feel better. Keep up the good work!

To improve your aerobic capacity, 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.

Your abdominal strength was very good. Maintain your strength by doing curl-ups 3 to 5 days a week. Remember to keep your knees bent. Avoid having someone hold your feet.

Your trunk and upper body strength are both in the Healthy Fitness Zone. To maintain your fitness, trunk 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.

It is important to do physical activity on most days to improve body composition. Also, eat a healthy diet including more fruits and vegetables and fewer fats and sugars. Improving body composition may help improve some of your other fitness scores

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.