



## What You Should Know

Get 60 minutes of physical activity a day. Can't do it all at once? Take activity breaks during the day.

Limit recreational TV, video games, phone and computer time to less than 2 hours per day.

Eat a healthy breakfast. It provides energy for the day. Free in-school breakfast is available to all students.

Walk more. It improves your health—and your mood. Use stairs when you can.

Choose water instead of drinks that are full of sugar and calories, like soda, sweetened teas, sports drinks, and juice.

Eat small portions. Avoid super-size meals.

Being overweight or obese can lead to health problems such as asthma, depression, diabetes, and heart disease. Make changes now to improve your health.

## Who Can Help You Stay In The Healthy Fitness Zone?

Physical and health education teachers can help students use NYC FITNESSGRAM results to make a personalized fitness plan.

Health care providers, including doctors and nurses, can use your medical history to help you build your commitment to fitness and health goals. Show them this report.

### FREE NYC Resources Include:

#### Pick up the phone

Call 311 for health and fitness opportunities

#### Learn more about NYC FITNESSGRAM

<http://schools.nyc.gov/nycfitnessgram>

#### Fitness activities in your neighborhood

<http://nycgovparks.org/befitnyc>

#### Nutrition & so much more

[http://kidshealth.org/parent/nutrition\\_fit/index](http://kidshealth.org/parent/nutrition_fit/index)

#### Teens & fitness

<http://schools.nyc.gov/teenspeakfitness>

#### My Plate nutrition information

<http://www.choosemyplate.gov/>

#### Personalized food & activity planner

<https://www.supertracker.usda.gov>

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# NYC FITNESSGRAM

## 2014 Report for

# KEISHA STUDENT

School: P.S. 000 High School

Instructor: P.E. Teacher  
Class Code: PSOF Section: 3  
12<sup>th</sup> Grade

Age: 17

Dear Student and Family,

Being active creates an energy field in your body—and your mind. Young people need 60 minutes daily of physical activity. This report is part of an ongoing conversation about health, nutrition, fitness, and school success. Share these results with your health care provider for more information about what you should do to stay healthy.

Physical and health education teachers can provide additional ideas about staying healthy. There is a link between health, fitness, and how well students perform in school. Get in the healthy zone and stay there.

**NYC** Department of Education  
Carmen Fariña, Chancellor

Office of School Wellness Programs  
<http://schools.nyc.gov/wellness>

# Your BMI

Body Mass Index uses height and weight measurements to find the BMI-for-age percentile for your age and sex.

Your Previous BMI was 23 placing you in the 72<sup>nd</sup> percentile for your age.

Your Current BMI is **20**, placing you in the **45<sup>th</sup>** percentile for girls aged 17 years. You have a healthy weight.

Height: **5' 5"** Weight: **125 lbs** BMI: **20**  
Date Measured: March 2011



- UNDERWEIGHT**, less than the 5th percentile
- HEALTHY WEIGHT**, 5th percentile up to the 84th percentile
- OVERWEIGHT**, 85th to less than the 95th percentile
- OBESE**, equal to or greater than the 95th percentile

For more information: <http://cdc.gov/bmi>

## Simple Steps to A Healthy Weight

Maintaining a healthy weight requires balancing what you eat (calories in) and your physical activity (calories out). Talk with your health care provider to find out what a healthy weight range is for you.

Participating in daily physical activity and eating more fruits and vegetables are two of the best things you can do for your health.

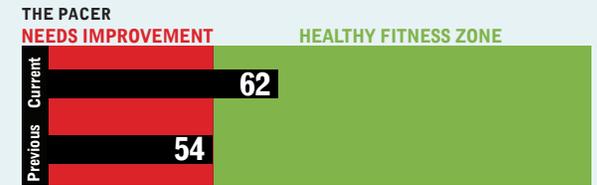
# NYC FITNESSGRAM

## Aerobic Capacity

Aerobic fitness is how well the heart and lungs can perform during physical activity.



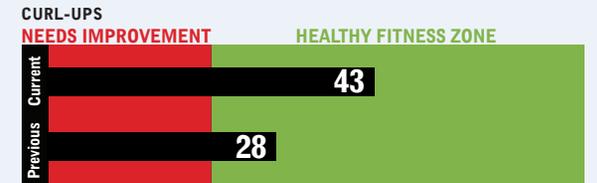
**THE PACER** test measures aerobic capacity. Students run laps between two points in a certain amount of time. The score is the number of laps completed.



## Strength, Endurance & Flexibility

Muscle fitness helps to prevent injury and keep the body working properly. Strength, endurance, and flexibility are important for good posture, a healthy lower back, and overall body function.

**CURL-UPS** test stomach and back strength (core) fitness and are similar to a "crunch" or sit-up. The score is the number of curls-up a student can do without rest.



**PUSH-UPS** test upper body strength and endurance. The score is the number of push-ups a student can do at a 90-degree elbow angle without rest.



**SIT-AND-REACH** tests the flexibility of hamstring muscles in the legs and lower back. 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 and hold.



**TRUNK LIFT** tests the strength and flexibility of the back. While lying on the stomach, the student lifts head and shoulders off the floor. The score is the number of inches the student can lift the head off the floor.

