

## NYC FITNESSGRAM 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](mailto: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 physical education teacher, or visit the Office of School Wellness Programs on the DOE website at <http://schools.nyc.gov/nycfitnessgram>.

### What do the reports look like?

You can visit our website to view the sample reports in PDF for students in K-3<sup>rd</sup> grade as well as 4-12<sup>th</sup> grade. There are also [sample of reports translated](#) into 9 languages other than English.