The ICCSD Secondary Physical Education Department has created the following suggestions for families to work together to improve the components of the Fitnessgram tests. In order to make daily physical activity a habit and to meet the 225 minutes per week recommended by the Healthy Kids Act combining physical education minutes and family activity time may reach this goal.

**Getting Started….**

1. Schedule a regular time throughout the week for your family to do a physical activity.

2. Start a log of daily fitness activities and help everyone find something active that makes them feel successful.

3. Adapt all activities to suit those with special needs and preferences.

4. Wear loose fitting clothing to permit freedom of movement and the proper shoes.

5. Be sure to warm up, stay flexible by stretching and cool down following your workout.

---NASPE, 99 Tips for Family Fitness Fun

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**FOLLOW THE FITT GUIDELINES WHEN CREATING YOUR FITNESS PLAN:**

- **Frequency:** 5 or more days per week
- **Intensity:** For cardio workouts - develop a sweat, be in your target heart rate range, vary the intensity of your workout. For strength and endurance – progression and intervals work.
- **Time:** 30-60 minutes per day
- **Type:** Any aerobic, strength or flexibility exercise or activity you enjoy

Visit [mypyramid.gov](http://mypyramid.gov) to learn more about how to incorporate proper nutrition and adequate exercise in your daily routine.
THE FOLLOWING INFORMATION AND TIPS WILL HELP YOUR FAMILY IMPROVE EACH PHYSICAL FITNESS COMPONENT

CARDIOVASCULAR
Cardiovascular fitness is the ability of the heart, lungs, and circulatory system to efficiently supply oxygen and nutrients to working muscles which allows activities that involve large muscle groups to be performed over long periods of time.

From a health standpoint, cardiovascular or aerobic fitness is generally considered to be the most important of the fitness components.

The evaluation tool we use to measure cardiovascular fitness is the Pacer test.

Some family activities to help boost scores could be taking a brisk walk, interval training, house or yard work, jumping rope, running, swimming, biking, etc.

Regular Cardiovascular Exercise Can:
- Reduce your risk of heart disease
- Lower elevated blood pressure
- Reduce blood cholesterol
- Increase circulation and improve performance of your heart and lungs
- Help you feel better

Visit www.cdc.gov/healthyyouth/physical activity in order to learn more about how you can add cardiovascular activity into your family’s daily routine and why it is important to do so.

FLEXIBILITY
By improving flexibility you will increase the range of motion around the joints. This allows for ease of motion and helps to prevent injury.

Choose at least one exercise for each of the major muscle groups.
- Stretch slowly without bouncing
- Hold the stretch just below the pain threshold for 20-60 seconds
- Perform 2-6 repetitions for each exercise
- To improve flexibility your routine should be performed 3 days each week and done only after a brief warm-up of your muscles.

MUSCULAR STRENGTH AND ENDURANCE
A well-rounded strength training program includes at least one exercise for each of the major muscle groups in your body. To avoid muscle fatigue, you should arrange your program so that successive exercises do not involve the same muscle group.

In the ICCSD we use sit-ups and push-ups as evaluation tools for strength and endurance. Encourage your teenagers to do an increasing number of sit ups and pushups each night until they reach and maintain their healthy zone.

BODY COMPOSITION
Teenagers should be physically active 225 minutes per week. By improving the above physical fitness components, body composition will be positively affected. If you need to reduce your body fat, combine daily exercise with good nutrition. By improving body composition you will feel better in general and more importantly you will decrease your risk of developing many serious health problems.