

Dear Parents,

Health related fitness has long been recognized by educators as an important factor in leading a happy and healthy life. The medical profession has long since recognized the importance of exercise and fitness and its relationship to improving the quality of a person's well being.

Included on the next page are the results from a health related fitness test recently administered by the physical education department. These tests are designed to measure four components of physical fitness that are indicative of an overall health status.

The six components measured from the Fitnessgram test include:

- Height and weight: a measure of Body Composition.
- Pacer Test: a measure of cardiovascular endurance.
- Curl-up Test: a measure of abdominal strength and endurance.
- Modified Pull-Up and or Push-ups: a measure of upper body strength.
- Sit and Reach: a measure of hamstring and lower back flexibility.
- Shoulder Stretch: a measure of upper arm flexibility.

The implications of these tests are many. Meeting the healthy standards for the Pacer Test would imply cardiovascular efficiency and a healthy heart and lungs. Meeting the healthy standards for curl-up test and sit/reach would imply strong abdominal muscles and adequate hamstring and lower back flexibility which help to prevent chronic back problems. Meeting the healthy standard for the shoulder stretch would imply adequate joint flexibility. Meeting the healthy standard for the modified pull-up or push-up test would imply the upper body strength necessary for a healthy person to perform daily tasks, while the measures of height and weight assist in the reflection of overall body composition. Please use the composition measurement as a guide lonely as it does not reflect a % body fat measurement. We feel at the elementary level this procedure is more practical, less invasive and age appropriate. Please use as a guide only.

As physical educators, one of our goals is to help all of our students become healthy and physically fit. We urge you as parents to encourage your child to maintain or improve their level of fitness and track their progress through subsequent reports. If you have any questions regarding the test, please contact Mrs. Grenko Lehman, Physical Education Coordinator, at [Grenko.jan@iccsd.k12.ia.us](mailto:Grenko.jan@iccsd.k12.ia.us) or 688-1180.

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