



FITNESSGRAM[®]

PROVIDED BY: TSET. BETTER LIVES THROUGH BETTER HEALTH · OKLAHOMA STATE DEPARTMENT OF HEALTH · BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

What is FITNESSGRAM[®]?

FITNESSGRAM[®] is a tool that provides an accurate assessment of each student's physical fitness by measuring three components important to overall health and function:

- aerobic capacity
- body composition
- muscular strength, endurance and flexibility

FITNESSGRAM[®] generates a confidential report for each student containing individual data and positive reinforcement that can be used for individual goal setting to improve overall health. Reporting on a school or district level provides teachers and administrators with program planning support and communication tools to educate about the importance of physical fitness for health and academic success.

Why use FITNESSGRAM[®]?

As educators, you know the importance of data-driven decisions. Using FITNESSGRAM[®] to assess students provides a wealth of information about where in your school or district to target physical fitness interventions.

Studies show that regular physical activity in the school day improves academic performance. By using FITNESSGRAM[®] to assess students' fitness and target physical activity efforts, schools can help ensure the best outcomes for students.

Through a partnership between the Oklahoma State Department of Education, Tobacco Settlement Endowment Trust, Blue Cross and Blue Shield of Oklahoma, and Oklahoma State Department of Health, FITNESSGRAM[®] is being offered to schools throughout the state at no cost. All equipment, training, and resources needed to assess your student body is free. FITNESSGRAM[®] is easy to implement in schools of any size and ongoing support will be provided by the Oklahoma State Department of Health Center for the Advancement of Wellness.

Information

For information about FITNESSGRAM[®] in your school or district, contact the Center for the Advancement of Wellness at the Oklahoma State Department of Health at (405) 271-3619 or e-mail Bill Cash at BillC@health.ok.gov.

