

Dear Parent or Guardian,

The connection between physical activity and health is the current focus of your teen's health class. As society has become increasingly reliant on technology, the amount of physical activity has diminished. According to the President's Council on Physical Fitness, nearly half of American youth aged 12–21 are not physically active on a regular basis. In fact, only 19 percent exercise on a regular basis, while 14 percent report no regular physical activity. In class, we will focus on the importance of regular physical activity and examine the positive effects of exercise on various body systems. In addition, your teen will learn to plan a personal activity program, taking into account health and safety variables.

Some of the questions your teen will explore as we study this chapter include: *How does physical activity affect body systems? What is the relationship between physical activity and disease prevention? What are the five elements of fitness? What can be done to improve fitness in each of these areas? What is the relationship between fitness, diet, and body composition? How can I set fitness goals that are applicable to my fitness level? What health-promoting strategies will enhance my training program? What are some safety concerns related to exercise? What are weather-related training risks? How can I avoid injuries related to physical activity?*

Your involvement and participation in your teen's health education is important. To extend our classroom work, please complete one or more of the following activities with your teen:

- Discuss the value of fitness. Ask your teen to examine his or her daily routine in regards to time spent being sedentary and time spent being active. Help him or her chart time spent in physical activity during a one-week period. Encourage your teen to adopt choices to create a more active lifestyle.
- Ask your teen to describe the elements of fitness and explain how each area can be improved. Assist your teen in developing a weekly fitness plan with these fitness elements in mind. Discuss activities or sports that you could participate in together, perhaps including the whole family. Plan and implement a strategy to incorporate these physical activities into the family's schedule.

Please plan other activities you think will help your son or daughter develop and maintain healthful habits and attitudes. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher