

Dear Parent or Guardian,

Your teen's health class is currently learning about the health benefits of fitness. We contend that a person's level of fitness affects each side of the health triangle—physical, mental/emotional, and social. In light of the fact that the average American's lifestyle is not as active as it was 50 years ago, students will learn that physical exercise has positive short- and long-term health benefits.

Some questions your teen will explore as we study this chapter are: *How does fitness benefit all sides of the health triangle? What are the components of physical fitness? How does exercise influence my level of fitness? How can I increase my physical activity during an average day? How do I compute my target heart rate? What is the difference between aerobic exercises and anaerobic exercises? What are the components of an exercise session?*

To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Ask your teen to describe his or her physical activities during the past week; then describe your own. Discuss the health benefits of the activities you participated in and any factors that may have prevented you from exercising more often.
- Ask your son or daughter to explain how exercise benefits a person's mental and social health. Together, make a list of the physical activities in which your family participates regularly. Discuss ways to improve exercise habits in your teen's life and yours.
- One out of every three Americans is overweight. With your son or daughter, find diet programs or health equipment advertisements in magazines or newspapers that promise spectacular results. Discuss the claims these ads make. Analyze these claims for accuracy.

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

Sincerely,

Health Teacher