

Dear Parent or Guardian,

Your teen's health class is currently learning about the benefits of reaching and maintaining a healthy level of physical fitness. Fundamental to this topic is each student's ability to design an exercise program that is right for himself or herself as an individual. We believe that although every teen may not want to be an athlete, every teen can benefit from being physically fit.

Some questions your teen will explore as we study this chapter are: *How can I choose lifestyle activities and sports activities that will improve my overall health and fitness? What are the basic measures of skills-related fitness? How do I avoid injuries while exercising? What do I need to know about proper clothing and equipment for sports and exercising?*

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

- Discuss with your teen several lifestyle activities and sports activities that you can participate in together—and with other family members if possible. Make a plan to incorporate one or both of these activities into your family's schedule:
- Ask your son or daughter to describe and explain three injuries that may occur during exercise. Discuss how these injuries can be avoided by following safety practices and utilizing proper equipment and clothing.
- Help your teen keep track of the amount of time that he or she spends in physical activity for one week. Then evaluate the level of activity and help your teen make adjustments, if needed, that improve overall health.

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