

Chapter**9****Parent Letter and Activities**

Dear Parent or Guardian,

We are now studying the topic of physical activity and fitness in your child's health class. We are teaching the students about being physically fit—able to handle the physical demands of everyday life. By combining regular exercise with an active lifestyle and sound nutrition, students can achieve physical fitness. They will learn that regular physical activity helps them look and feel better.

Some questions your teen will consider as we discuss this topic are: *What are the benefits of physical activity? What are the four elements of physical fitness? How can I set and achieve fitness goals? How can I choose sports activities that are right for me?*

Your teen will answer these questions in the context of his or her own fitness goals. Our approach will emphasize that all people—no matter what their level of fitness—can enjoy the many benefits of physical activity. Your teen will learn about two different types of exercise: aerobic exercise—such as biking and swimming—that requires large amounts of oxygen and works the heart; and anaerobic exercise—such as sprinting and gymnastics—that uses short bursts of energy. Each student will learn how to test his or her physical fitness and set and achieve fitness goals. The goal is that this program will start your teen on the path toward lifelong fitness.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your teen:

- Discuss how physical fitness is important outside the context of sports. Take turns identifying activities (such as dancing and hiking) that are more enjoyable if the participants are fit.
- Model healthy behavior by showing an interest in fitness and developing your own activity plan.
- Watch a sports event on television with your child. Discuss the plays, the players, and the strategy of the game.
- Take the time to exercise, play a sport, or otherwise be active with your child. Encourage your child to participate in some physical activity daily.

Of course, feel free to engage in other activities you think will encourage your teen to lead a fit lifestyle. As a health teacher, one of my main goals for this class is to instill a sense of the importance of physical activity. Thank you for joining me in teaching the many benefits of fitness to your teen.

Sincerely,

Health Teacher