

Chapter**3****Parent Letter and Activities**

Dear Parent or Guardian,

In health class we are studying physical activity and fitness. We define *fitness* as the ability to handle the physical work and play of everyday life without becoming tired. We will discuss the role of physical activity in promoting all aspects of health—physical, mental/emotional, and social. Students will learn the roles both aerobic and anaerobic exercises play in building body strength, endurance, and flexibility. Students will apply this knowledge to plan effective and enjoyable personal fitness programs. We will also discuss the fitness benefits of individual and team sports. We will examine conditioning goals and techniques and their importance in preventing injuries. We will also discuss the dangers of using anabolic steroids and other performance-enhancing drugs.

Some questions your teen will answer as we study these topics are: *What are the benefits of physical activity? What types of activities will help me increase strength, endurance, and flexibility? How can I keep my skeletal, muscular, and circulatory systems healthy? What factors do I need to consider when I plan a fitness program? How can I assess my progress in meeting my fitness goals? What are the advantages of both individual and team sports? How can I avoid sports injuries? How can eating habits affect my level of performance? Why is it harmful to take drugs to improve sports performance?* The benefits of fitness are much more than just physical well-being. Physical fitness also contributes to mental/emotional and social health. For example, it enhances self-confidence, sharpens mental alertness, reduces stress, and provides chances to meet new people.

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:

- Decide on a physical activity that you can do together, such as hiking, biking, running, or swimming. The activity will provide not only healthful exercise but also a private time to talk.
- Find information together about the dangers of using anabolic steroids and other performance-enhancing drugs. Discuss how the use of these drugs relates to your values.

Other activities that will encourage your teen to develop a lifelong habit of regular physical activity will be a welcome addition to our efforts. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher