



FITNESSGRAM[®]

By GreenLight Fitness



Fitness is Education

A comprehensive fitness assessment is needed now more than ever!

Research shows a significant decline in fitness levels, especially due to the pandemic. It's time to prioritize fitness to prevent long-term health issues, even with budget constraints!

- Regular physical activity is important for maintaining good health and reducing the risk of non-communicable diseases.
- Fitness testing helps students assess wellness components and set improvement goals. It also benefits students in sports or military preparation by enhancing their understanding of essential aspects of skill-related fitness.

Source: <https://www.who.int/teams/health-promotion/physical-activity/global-status-report-on-physical-activity-2022>

The FitnessGram[®] platform has a long-standing reputation for being a reliable solution for today's youth wellness challenges.

- Still backed by the Cooper Institute's FitnessGram Advisory Board, leveraging decades of scientific research to innovate FitnessGram.
- Participation in FitnessGram's Comprehensive program can improve:
 - Academic performance by increasing cognitive function and concentration, increasing motivation, and enhancing critical thinking and problem-solving skills.
 - Physical activity has a positive impact on mental health, reducing symptoms of anxiety and depression and thereby improving self-esteem and confidence.

Come, Explore the All-New FitnessGram 2.0!



Discover the latest updates to the FitnessGram assessments! Click the icon to the left to see how these innovative tools can help you empower students to achieve their fitness goals, enhance your physical education program, and make data-driven decisions. Don't miss this opportunity to be at the forefront of fitness education!

Got Questions? Email: Fitnessgram@greenlightfitness.org



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NEW



Meet The Assessments

A more comprehensive fitness assessment is here with more favorable health outcomes!

The Plank - Measures muscular strength and endurance of the core (i.e., all muscles that support the spine located in the trunk of the body).

- The plank assessment is related to body composition, balance, and stability and may help to prevent lower back injury.
 - Plank exercises increase muscle strength, endurance, flexibility, and cardiopulmonary fitness. [source: NCBI](#)
 - Plank exercises decrease body fat mass and body fat percentage. [source: NCBI](#)
 - Plank exercises can help improve overall body balance and stability. [source: acefitness.org](#)
 - Plank exercises can help reduce the risk of falls and improve balance in older adults. [source: nia.nih.gov](#)

The plank exercise is a type of isometric exercise. Isometric exercises are mainly performed to improve strength. As there is no movement involved, it will provide strength in a certain position only. Therefore, it can be done during injuries.

Dr. Siddharth Gupta, MD

The HandGrip - Measures the maximum grip strength of the dominant hand. Handgrip strength is closely related to whole-body muscular strength and bone health.

- Grip strength is a great determinant of overall health.
 - Researchers found that an 11-pound decrease in grip strength is correlated to a 17 percent increased risk of cardiovascular death, a 7 percent increased risk of heart attack, and a 9 percent increased risk of stroke. ([source](#))
 - A relationship exists between grip strength measures and longevity.
 - Better strength is linked to avoiding disability and improving mobility.

“Good grip strength is associated with immune system benefits.”

Dr. Ardeshir Hashmi, MD



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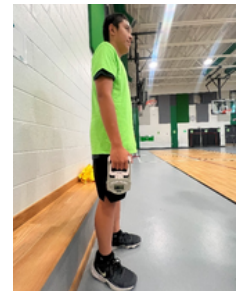
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The Vertical Jump - Measures lower body power, which is related to bone health in youth. Maximal jump height and body weight are needed to estimate lower body power.

- Vertical jumping is important in many sports.
 - Students' ability to perform a vertical jump is often linked to their athletic ability and successful sports performance.
- Vertical jump tests can assess a student athlete's state of recovery before a practice session, speed training, or weight training.
- Studies, like that conducted by (Rodriguez-Rosel 2016), have generally found that vertical jump testing is a valid and reliable test of lower body explosive power.
- The benefits of increasing a student's vertical jump include:
 - Improved athletic performance, particularly in sports involving jumping, i.e., basketball, volleyball, track and field, and fitness and rehabilitation settings.
 - It can improve overall leg strength and power.
 - Improve the ability to perform functional movements such as jumping over obstacles or reaching high places.
 - A strong vertical jump may indicate a lower risk of lower body injuries.

"The more I train, the more I realize that it's not about the medals. It's about the journey and the person I become."

- Allyson Felix



The FitnessGram[®] Assessment is a crucial component for schools, districts, and states as it ensures compliance with SHAPE America's new national physical education standards. FitnessGram now offers the most comprehensive and scientifically validated measure of students' physical fitness, allowing educators to utilize it confidently, knowing that it aligns with the most updated benchmarks for student health and wellness.

Schedule a personalized training session today!

Email: Fitnessgram@greenlightfitness.org



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