



Custer County Health Department  
Creating a State of Health

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## **Free Program for Oklahoma Schools Tracks Fitness for Students**

In recognition of National Physical Education and Sports Week (May 1-7), the Oklahoma State Department of Health (OSDH) and the Custer County Health Department wants to remind educators about a free program available to measure fitness levels of students.

FitnessGram is a tool which provides an accurate assessment of each student's physical fitness by measuring three components important to overall health function:

- Aerobic capacity
- Muscle strength and endurance
- Flexibility
- Body composition

FitnessGram generates a confidential report for each student containing individual data and positive reinforcement which can be used for individual goal setting to improve overall health. Reporting on a school or district level provides teachers and administrators with program planning support and communication tools to educate about the importance of physical fitness for health and academic success.

Through a partnership between the Oklahoma State Department of Education, Tobacco Settlement Endowment Trust, Blue Cross and Blue Shield of Oklahoma, and the OSDH, FitnessGram is being offered to schools throughout the state at no cost. All equipment, training and resources needed to assess students are at no cost.

Using FitnessGram to assess students provides a wealth of information, identifying areas to target physical fitness interventions. Studies confirm regular physical activity during the school day improves academic performance. By using FitnessGram to assess students' fitness and to target physical activity efforts, schools can help ensure the best outcomes for students.

For information about how to get FitnessGram in schools or districts in your area, contact the OSDH at (405) 271-3619 or email Bill Cash at [BillC@health.ok.gov](mailto:BillC@health.ok.gov). For media inquiries, contact Cody McDonnell at (405) 271-5601 or [codym@health.ok.gov](mailto:codym@health.ok.gov).

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