

FITNESSGRAM

Physical fitness has been shown to be important for health and quality of life. Assessments of physical fitness provide an effective way to evaluate overall physical condition and potential risk for negative health outcomes. Physical fitness is also more easily assessed than physical activity since it doesn't vary on a day-to-day basis. It is important to note that physical fitness is also influenced by factors that are out of a person's control (for example, genetics). While not everyone can be an elite athlete, most people can achieve healthy levels of fitness by performing the recommended amounts of physical activity.

The inherent goal of the FITNESSGRAM program is to promote regular, enjoyable, physical activity for students so that they can reach and maintain a level of physical fitness that will contribute to good health and well-being.

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