During the middle school block you had the opportunity to apply what you learned about motor development in the Elementary School Block “hands on” by implementing the Choosy Kids Club curriculum. This semester your role in the CKC will be more supervisory; you will supervise the pre- and post-testing, manage the data, generate reports for each student and make yourself available to the parents to answer any question regarding the FITNESSGRAM test.

These are the **MANDITORY Components** for the final draft of your CKC guardian letter:

1) (Address on the upper left:) Choosy Kids Club
   Motor Development Center
   Rm. 123S, Coliseum
   Morgantown, WV 26505

2) (Date on far RIGHT)
3) Dear Choosy Parent or Guardian,

   **Paragraph 1:**
   - A creative, optimistic and energetic welcome to CKC
   - Encourage them visit the website [www.bechoosy.org](http://www.bechoosy.org) to learn more about CKC
   - An explanation of how we are going to use the FITNESSGRAM tests to create a “Fitness Report Card” for their child
   - A statement encouraging the parents to: a) review the attached results, b) discuss them with their child, c) recognize areas of weakness that we can ALL work together to improve.

**Paragraph 2:**
- Summarize what the FITNESSGRAM measures
- Assure them that **this information will remain confidential**
- Mention that a post-test will be completed at the conclusion of the program

**Paragraph 3:**
- Solicit questions and concerns about the FITNESSGRAM test or their child’s results
- Feel free to contact me at (your phone #) or [YourEmail@mix.wvu.edu](mailto:YourEmail@mix.wvu.edu) (must have both)
- The CKC program has continued to improve thanks to the ideas and comments of previous parents and guardians, your thoughts will always be appreciated and considered.
- I look forward to seeing you and your child next week!

   Sincerely,

   Your first and last name
   Choosy Kids Club
   FITNESSGRAM Specialist
Healthy People 2010 ideas:

Choosey Kids Club shares the mission of helping people of all ages increase life expectancy and quality of life with the Healthy People 2010, national campaign.

People in rural areas are less likely to use preventative screenings or exercise regularly, which is why rates of cancer, diabetes, and heart disease in rural areas exceed those in urban areas. Regular exercise has been shown to decrease the risk of developing cancer, diabetes and death heart disease.

Children and adolescents need weight-bearing exercise for normal skeletal development, and young adults need exercise to achieve peak bone mass.

The number of overweight children, adolescents and adults has risen over the past four decades. Between 1988 and 1994, 11% of children aged 6-19 were overweight or obese. Obesity substantially raises the risk of illness from high blood pressure, cholesterol, Type II diabetes, heart disease, cancer, stroke, breathing problems and sleep disturbances.