

Where Can I Go To Find More FITNESSGRAM Information?

- Go to effinghamschools.com and look for FITNESSGRAM
- Contact your child's PE Teacher
- Contact your family physician
- Visit FITNESSGRAM web resources at:
<http://www.georgiashape.org>
<http://www.cooperinstitute.org/index.cfm>
<http://www.fitnessgram.net/home/>