



## Fitness: Teens 13 – 18 Years Old

In the teen years, even kids who had a lot of energy lose interest in staying active. School, friends, studying, and part time jobs become more important. However, kids who started out enjoying physical activity tend to stay active all their lives but need a little encouragement.

### Immediate Benefits

- Maintaining healthy weight
- Feeling more energetic
- Boosts self confidence
- Promotes chances for social interaction
- Chances for fun
- Prevention of illnesses (heart disease, diabetes, and other medical problems)

### Fitness in the Teen Years

- Recommended at least 1 hour of physical activity preferably all days of week
- Teens get health benefits for almost any activity they enjoy (skateboarding, in-line skating, yoga, swimming, or dancing)
- Weight training, under qualified adult supervision improves strength and helps prevent sport injuries
- Work physical activity into everyday routines (walking to school, doing chores, camp counselors, babysitters, or assistant coaches for younger sports teams)

### Motivating Teens to Be Active

- Social and academic pressure with emotional and physical changes
- Parents need to give teens control over how they decide to be physically active
- Some teens feel comfortable doing exercise at home
- Teens should limit sedentary activities (tv, videos games, computer use, smartphones, and tablets)

### When to Speak with Your Doctor

- Teen with chronic health condition or disability should not be excluded from fitness activities, instead change or adapt activity but talk to doctor for safe alternatives
- Speak to your doctor if teen complains of pain during sports or exercise

### Fitness for Everyone

- Help teen commit to fitness by being positive role model and exercising regularly too
- Activities with teen include bike rides, tennis, swimming, and football
- Participation in physical activity both working to fitness goals and stay connected to your teen