

## FACTS ABOUT TEENS AND PHYSICAL ACTIVITY

- ❖ Physical activity is greater in kids, and has been shown to decrease during the teen years
- ❖ Regular physical activity is linked to enhanced health
- ❖ Regular physical activity decreases risk for heart problems later in life
- ❖ Regular physical activity is probably more important than the intensity
- ❖ Increased activity helps to build muscle, increase bone density, and decrease body fat
- ❖ Active teenagers are less likely to be overweight or obese
- ❖ Activities should be fun and easily incorporated into your lifestyle



### References

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**A Gonzaga graduate Nursing student, Gretchen Fowell, created this informational material. It should be used in consultation with a healthcare provider.**

# What are -U- waiting for?

## Get Movin'!



### PHYSICAL ACTIVITY IN TEENAGERS

## BENEFITS TO REGULAR PHYSICAL ACTIVITY

- ❖ Improve your appearance
- ❖ Lose weight or maintain current weight
- ❖ Gain Muscle mass, lose fat
- ❖ Have fun!
- ❖ Reduce stress!

## ACTIVITIES YOU CAN DO

- ❖ Swimming
- ❖ Ice or roller hockey
- ❖ Rollerblading
- ❖ Biking
- ❖ Rowing
- ❖ Skipping, jumping rope
- ❖ Active household chores
- ❖ Basketball, softball, volleyball
- ❖ Anything you enjoy that gets you movin'!

## GOAL FOR PHYSICAL ACTIVITY

- ❖ At least 30 minutes a day, at least 3 times a week
- ❖ Attempt to increase activities until they are a part of your daily routine

## WHEN DO THE BENEFITS START?

- ❖ As soon as you start movin'!

## WHEN CAN I START?

- ❖ Start today!
- ❖ Make a goal for yourself (for example: 30minutes activity, 3x a week for 3 weeks)
- ❖ Track your progress (write down how your activity makes you feel and look)
- ❖ Evaluate your progress (either on your own or with your healthcare provider)

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## WHERE TO FIND OUT MORE

- ❖ Ask your Nurse Practitioner or Doctor for an “exercise prescription” today!
- ❖ Visit these websites to find out more on the benefits of physical activity and ideas on what to try:
  - [www.healthierus.gov](http://www.healthierus.gov)
  - [www.lpch.org/DiseaseHealthInfo/HealthLibrary/adolescent/exercise.html](http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/adolescent/exercise.html)
  - <http://kidshealth.org/>
  - <http://weightwatcher.lifetips.com/subcat/59896/fitness/children-and-adolescents/>

## HOW TO STICK TO A PHYSICAL ACTIVITY SCHEDULE

- ❖ Find a friend who enjoys the same activities
- ❖ Schedule 30 minutes a day for physical activity
- ❖ Get your family involved- organize a family walk, volleyball game, or any other group activity!