

## Tracks to Transition: Teaching Teens to be More Active

Some teens are overweight and do not get enough physical activity. Exercise can keep their weight at a healthy level. Here are some ways to help encourage your teen to be more active.

- Observe your teen to see what kind of sports or outdoor games he/she enjoys. The more your teen enjoys the activity, the more time he/she will spend doing it.
- Spend regular time outside on good weather days practicing simple skills like kicking a soccer ball or shooting baskets.
- Limit TV and computer/tablet/phone time to 1-2 hours per day.
- Walk to a local park, around the block, or inside a mall if the weather is too hot or cold to be outside.
- Make sure that your teen has a safe place to exercise and that he/she is wearing the proper clothing.
- Find out if your teen's school has sports or cheer teams in which he/she can participate.
- Sign up for exercise classes such as Zumba, yoga, weightlifting or self-defense classes at a local YMCA or other gym.
- Put on music in the house and have a regular time to dance. Encourage your teen to attend dances sponsored by his/her school or another support group.
- Be a good role model: If your teen sees you exercising regularly, he/she will want to participate too! Spend time with your teen while being active and you will both stay healthier!

\*\*\*Check with your health care provider(s) to see if there are any activity restrictions due to health concerns, such as low muscle tone or cervical spine instability.