

Parent Corner

Ways You Can Help Your Teen be Physically Active

- Provide opportunities for your teen to be active.
 - Help your child get to places if they want to go be active, such as a Zumba Class or sports practice.
 - Encourage your child to try different activities and sports to see what they like the most.
- Ask your child to brainstorm activities they can do this week and help him or her try each one.
 - Example: Drive her to a track where she can run
 - Example: Find a ball she can use to practice throwing
 - Example: Go with your child to throw a Frisbee one morning.
- Keep physical activity equipment around for your teen such as a jump rope or soccer ball.

How much physical activity should youth get every day?

60 minutes or more per day of moderate-to-vigorous* physical activity is the national recommendation.

*You will know if activity is moderate-to-vigorous if you're breathing harder, your heart is beating faster, and you're sweating.

Activity does not have to happen all at once; short bouts of activity also count.

All activities are good activities! Anything that gets your child up and moving is great – these can include aerobic activities (running, dancing, hiking, swimming, biking), as well as muscle and bone strengthening ones (weight-lifting, yoga, martial arts).

Most of all, the activities should be fun!