Physical activity is an important part of childhood. Children need 60 minutes of exercise each day to stay healthy and grow at a healthy weight. For kids, exercise does not mean going to the gym or lifting weights, but just playing and being physically active. This can be during gym class, at recess, playing outside or any activity where their bodies are moving.

Below is a list of activities to enjoy with teens (12-18 years). There are a lot of things vying for the attention of this age group – friends, dating, video games, schoolwork, jobs and more. Caregivers must make a concerted effort to engage their teen in play. According to the American Academy of Pediatrics, all activities should be positive and fun, simple, and get the heart pumping and teens should know warm-ups and cool-downs are essential.

**Suggested Activities for Teens**

- In-Line Skating/Roller-blading
- Skiing
- Cycling (with a helmet)
- Swimming
- Basketball
- Jogging
- Walking briskly
- Dancing
- Aerobics
- Soccer
- Gymnastics
- Hockey
- Golf
- Football
- Baseball

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