

PHYSICAL ACTIVITY FOR TEENAGERS 13 - 19 YEARS

Teenagers should participate in a minimum of 60 minutes (and up to several hours) vigorous to high intensity physical activity every day



As teenagers move through school and start work it is not always easy to be active but it is possible and important. Inactivity has adverse impacts upon their social, emotional and physical wellbeing. Starting a sport is one way to get active however there are many ways to incorporate activity into a teenager's life by encouraging changes to their everyday routines.

Everyone should sit less

- Try and avoid sitting for more than 30 minutes at a time, even a quick stretch is beneficial
- Stand up during TV time and get up to change the channel
- Stand or walk around while waiting for the bus or train
- Stand up while talking on the phone
- Set an alarm on your computer or electronic device to remind you to move regularly
- Listen to recorded books as you do your cleaning or go for a walk, rather than sitting down to read
- Notice the activity or lack of it in your day

Active and fun

- Try social outdoor activities like kicking a football or throwing a frisbee with friends or family
- Catch up with friends to walk and talk instead of sitting down to chat
- Swap social media for social activity

Active at home

- Plan specific, limited time periods for watching TV and using electronic media, stand up frequently
- Sleep time is important –avoid using electronic media just before going to sleep
- Do a DVD-based exercise class
- Get a basketball hoop or plant a garden

Active travel

- For short trips; walk, ride, or skateboard safely, instead of travelling by car
- Use public transport and walk or ride to and from the bus stop or train station
- Get off the bus one stop earlier and walk the rest of the way
- Choose the stairs over the escalator

For stronger bones and muscles

It is recommended the young people include strengthening activities on at least 3 days of the week as part of their physical activity. Body weight exercises such as sit-ups, push-ups, lunges and squats will help build strength and can easily be done at home. Rope skipping is great for a quick intense workout.