

10 tips for being physically active

for teenagers



- 1. ADD 60 MINUTES.** Accumulate 60 minutes of physical activity every day by doing things that you enjoy. You don't need to do it all at once: if you have 10 minutes, get moving! Your body needs it and every minute counts!
- 2. GET ACTIVE.** Take the stairs and walk whenever you can. "Active Transportation" means human-powered, walking, cycling, skateboarding, rollerblading. Do it! (But don't forget your protective gear!). Walk your dog, help out around the house, and help to do the groceries. Everything counts!
- 3. MOVE.** If you have spent a lot of time in front of a screen (Laptop, TV, cell phone, video game, etc.) take a break: stand up, move, stretch, dance. Try to reduce your screen time to less than 2 hours a day.
- 4. ENJOY.** Physical activity should be one of the best moments of the day shared with your friends or family or alone. Enjoy it. Try different activities and find the ones you prefer!
- 5. BE COOL.** Encourage your friends to do sports and enjoy a physically active leisure time. Look for an athletic challenge and prepare yourselves to achieve the goal. Share good moments!



- 6. GET FIT.** If you do sports regularly, keep it up, you will feel good and be fit. If you don't usually participate in sports, try it, you will love the way you feel. You'll notice it and other people will, too!
- 7. TAKE PART.** Cheer up! Take part in street runs, races, trekking / hiking or bike tours, sports tournaments, or dancing. Sign up for a sporting activity at school, high school, university, or sports club. You will make new friends and your life will feel more organized!
- 8. TAKE A BREAK.** To concentrate and improve your school performance, exercise for a while: walk, run, dance, skate, ride, compete, etc. This will help you to improve your school marks!

- 9. INFORM YOURSELF.** Not sure what sport to choose? Ask your friends, parents, or a sport or health professional. They will give you some ideas and you'll certainly find the one that suits you!
- 10. BE HEALTHY.** Apart from being active, drink water regularly and don't forget: if your daily meals contain fruits and vegetables (up to 5 portions a day) you're doing something for your health too. Sleep at least 8 hours every night. Don't forget to protect yourself against sun burns!

What do you gain being physically active? You...

- feel good about yourself
- have fun
- improve your look
- meet new people
- organize your life better
- improve your school performance
- keep fit
- feel better
- relax
- take a break
- feel less stressed



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