

Fitness Fun for Teens



Physical Activity Gets You Moving!

- Try for 60 minutes of physical activity every day.
- Try different activities to find your likes and dislikes.
- Be active together: with friends and as a family.
- Be safe. Use safety equipment, like bike helmets, shin guards, wrist guards, and elbow and kneepads.
- Enjoy team sports as well as individual.
- Try something new. Look for programs and classes that focus on developing your abilities like beginner, intermediate and advanced.



Things you can do:

- Walk your pet
- Ride a bike
- Weight training
- Swim
- Dance
- Rake leaves
- Baseball or softball
- Basketball or tennis
- Snowboard or ski
- Skating
- Grow a garden
- Fly a kite
- Go bowling
- Wash the car
- Jump rope
- Do housework
- Canoe on the river
- Skateboarding
- Play Frisbee
- Martial arts classes
- Hike



Places to Call for Group Activities:

Parks and Recreation are listed in the light blue front section of the phone book under:

- ♦ **City Government Offices** — Recreation & Parks
- ♦ **County Government Offices** — Parks Department
- ♦ **California State Government Offices** — Parks & Recreation Department
- ♦ **United States Government Offices** — Physical activity information 1-888-232-4674