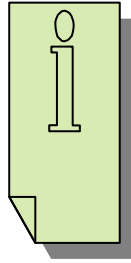


**Hey teenagers here are some things we should all start thinking about...**



## **We need to be active and eat healthy!**

### **Did you know that...?**

- More than 35% of teens are not active
- 15% of children ages 6 to 19 are overweight
- About 70% of overweight teens become obese adults
- Teens who are overweight are at risk of serious health problems, some of these problems are:
  - high blood pressure, high cholesterol
  - type 2 diabetes
  - heart disease
  - asthma
  - orthopedic problems and liver disease
- Young people spend an average of approximately 6 ½ hours a day using some type a media (internet, phone, video games, tv, etc.)
- Both boys and girls who watched the most television had more body fat than those who watched less than 2 hours a day
- A study showed that a teen watches 11 food commercials per hour each day

*Flip over for easy ways to be healthier*

This is why it's important to eat healthy & be active!

- Fast foods restaurants are delicious but do we really want to risk ourselves growing up to be unhealthy adults? It's okay to eat fast foods but not every day; we should try to limit ourselves.



- What is more important to you – overuse of media (TV, computer, video games, etc.) or your health?

**We need to start thinking about doing the right thing for our future.**

Try these healthy habits:

- ❖ Exercise four to six times a week: walking, running, dancing, swimming, gym, weights, frisbee, football, skateboarding, baseball, basketball, volleyball, etc.!  
**There are lots of fun, free and inexpensive ways to get exercise.**
- ❖ Do activities that raise your heart rate.
- ❖ **Cut down fast food** – for breakfast, lunch & dinner.
- ❖ Cut down soft drinks and junk food – these have **no nutrients and are just empty calories.**
- ❖ Eat more **fresh fruits & vegetables**—try for one or more each meal.
- ❖ **Do fun activities and exercise with friends and family!**