

Tips for teens fact sheet

Teens and screens

Did you know that watching TV or DVDs, playing computer games and surfing the Net for more than two hours a day is associated with being overweight and poor fitness in adulthood?

Reduce the risk and set limits of two hours a day max in front of the screen - unless it's homework!

Active tips for teens

Teenagers (12 to 18 years) need to be doing **at least 60 minutes of moderate to vigorous physical activity** a day for health and wellbeing.

So get into some active fun!

- Walk more - to school, to sport, to see friends, to go out.
- Team up - make new friends at team sports or join other group activities.
- Surf a board instead of the Net.
- Try a new activity like self-defence, yoga, surf lifesaving, dancing, kickboxing, skirmish or archery - it's more fun than computer games and you'll meet new friends too!
- Take your dog or your neighbour's dog for a walk to the local park or beach.
- Put on some music and dance - from ballet to break-dancing - it's all good!
- Challenge your parents to some active competition!
- Use your wheels - skateboard, rollerblade or cycle to get around - don't forget your helmet and safety gear!
- Check out the activities at your local recreation centre or club - you'll find anything from sailing to soccer.
- Drink lots of water before, during and after activity to avoid dehydration.
- Always take precautions to avoid injury such as wearing helmets and knee pads.
- Remember to stay safe in the Queensland sun.