



Know your teen and encourage your teen to take responsibility for his or her health. If your teen prefers to stay indoors, there are many activities to do at home. Some options include playing active video games or renting a fitness DVD to follow in private.

If exercising with others is more motivating and fun, encourage participating in a fitness run/walk, bicycling with friends or taking classes such as martial arts. Teens (and really everyone) should be discouraged from trying products that promise a quick workout fix such as exercise equipment that guarantees six pack abs. Instead, try to find ways for your teen and your family to stay active and improve your overall health.