

# How to be an Active Teenager

1. Verb Ending In Ing
2. Plural Noun
3. Plural Noun
4. Adjective
5. Number
6. Verb Ending In Ing
7. Noun
8. Adjective
9. Number
10. Number
11. Adjective
12. Noun
13. Adjective
14. Verb
15. Plural Noun
16. Plural Noun
17. Adjective
18. Noun
19. Noun
20. Noun
21. Adjective
22. Verb
23. Noun

24. Noun
25. Verb
26. Adjective
27. Relationship (Plural)
28. Plural Noun
29. Verb
30. Noun
31. Plural Noun
32. Noun
33. Noun
34. Liquid
35. Noun
36. Noun
37. Plural Noun
38. Body Part

# How to be an Active Teenager

Did you know that \_\_\_\_\_  
\_\_\_\_\_TV or DVDs, playing computer \_\_\_\_\_and surfing the  
\_\_\_\_\_for more than two hours a day is associated with being \_\_\_\_\_in adulthood?

Reduce the risk by limiting yourself to no more than \_\_\_\_\_hours per day \_\_\_\_\_in  
front of the \_\_\_\_\_or computer, and follow these tips to get into \_\_\_\_\_habits as a teen!

\_\_\_\_\_tips for teens

Teenagers (12 to \_\_\_\_\_years) need at least \_\_\_\_\_minutes of moderate to vigorous  
\_\_\_\_\_activity a day for health and \_\_\_\_\_.

So

get into some Adjective fun!

Verb more - to school, to sport, to see Plural noun to go out.

Team up - make new friends at team Plural noun or join other Adjective activities.

Surf a Noun instead of the internet.

Try a new activity like Noun yoga, swimming, Noun kickboxing, or archery - it's more  
Adjective than computer games and you'll meet Verb friends too!

Take your \_\_\_\_\_<sup>Noun</sup> or your neighbor's \_\_\_\_\_<sup>noun</sup> for a walk to the local \_\_\_\_\_<sup>Noun</sup> or beach.

Put on some music and \_\_\_\_\_<sup>Verb</sup> - from ballet to break-dancing - it's all \_\_\_\_\_<sup>Adjective</sup>

Challenge your \_\_\_\_\_<sup>Relationship (plural)</sup> to some active competition!

Use your \_\_\_\_\_<sup>Plural noun</sup> - skateboard, \_\_\_\_\_<sup>Verb</sup> or cycle to get around - don't forget your \_\_\_\_\_<sup>Noun</sup>  
and safety gear!

Check out the \_\_\_\_\_  
Plural noun at your local recreation \_\_\_\_\_  
Noun or club - you'll find anything from  
\_\_\_\_\_  
Noun to soccer.

Drink lots of \_\_\_\_\_  
Liquid before, during and after activity to avoid \_\_\_\_\_  
Noun.

Always take precautions to avoid \_\_\_\_\_  
Noun such as wearing \_\_\_\_\_  
Plural noun and \_\_\_\_\_  
Body part pads.