

# 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.