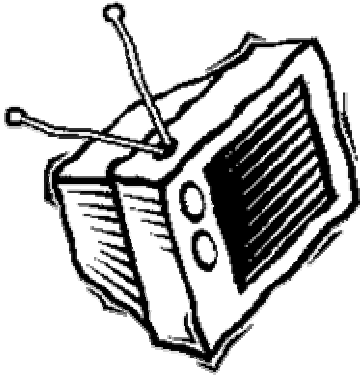




CU SPORTS MEDICINE

Tips for Teen Couch Potatoes



- Exercise is more than sports teams or jogging. Find FUN activities that keep you on the go. How about karate, dancing, rollerblading, tennis, swimming or skiing?
- Go to the arcade and try games where you're standing and moving, like racing motorcycles, shooting hoops, or hitting in the batting cage. Challenge your boyfriend or girlfriend and then go on to win.
- When you go dancing, GO DANCING! Break a sweat and make it a work out.
- Try a new school activity like marching band, drill team, yell squad, or a sport that you've never done such as fencing, volleyball, badminton, rowing, soccer, jazz dance, or ballet. Learn a new skill that you can feel good about.
- Take your little brother or sister to the playground or out for a walk. Let them ride their bikes and race them to the corner.
- Don't you think your pet needs some exercise too? Take the dog for a walk.
- Check out youth organizations that offer fun activities like the YMCA, Boys and Girls Clubs, Scouts, church groups, your local community center, or parks and recreation department. Get an activities catalog and check out all the cool sports and arts classes that can help you meet new friends, learn new skills, and have a blast!
- While you're watching TV do some stretching or yoga. You might even get in a sit-up or two.
- If you want to shock Mom and Dad, volunteer to cut the grass, wash the car, get the groceries or do odd jobs around the house. Put on some music and the chores won't seem as bad. You may even earn a little extra cash.
- Instead of calling your best friend, walk or bike over to their house and spend some quality one-on-one time.
- Hang out at the mall, BUT make your first lap around be a little faster than usual!
- Go to local sporting events and join the cheering section. You'll have more fun if you get into it! Start the "wave" instead of waiting for someone else to start it.
- Try riding your bicycle or walking to school.
- Be a "big sister or brother" to someone and be active together.
- Do something! Just don't slouch on the couch!