

**+**  
**KEEP  
CALM  
AND  
Stay  
Fit**

# **TEEN FITNESS**

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# WHY I CHOSE TEEN FITNESS

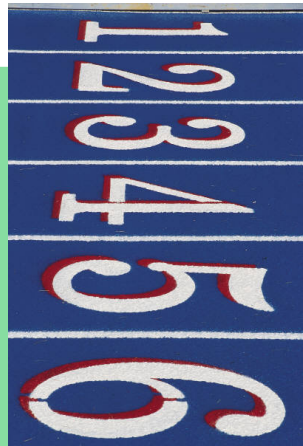
- Growing population of over weight teens
- To show ways for teens to stay active
- To show the importance of why one should live an active lifestyle
- A lot of my peers rather stay at home and watch TV rather than to do fun physical activity
- I'm an active person and I like to be outside and go for nice long runs



# MY OPINION

Is that everyone should be able to participate in physical activity at least once a day.

Most teens nowadays that are not a part of a sport program spend most of their day watching TV or are behind a computer screen. Physical fitness and having a well balanced diet should be important in our teens today, not later down the road when it will be harder for them to lose the weight. I'm not saying you have to be thin to be fit, but you have to be able to stay active for a hour or two hours (except if you have a pre-existing health problem). Physical activity is an essential component of a healthy lifestyle. Be sure to consult your Physician.



# QUICK FACTS

- Only about one in five homes have parks within a half-mile (Ornelas, I.J)
- And only about 30% of Teens get enough exercise, which means the other 70% are setting themselves up for a sedentary life (CDC)
- Nearly 50 percent of all young people ages 12-21 are not vigorously active on a daily basis. (Ornelas, I.J)
- More than 30 percent of children ages 6 to 11 are overweight, and over 15 percent are obese (CDC)



# WHY EXERCISE

- Proven to reduce the risk of a heart attack or any other major heart disease (Atkinson, David)
- Exercise helps to reduce the stress of everyday life helps to get you a boost of energy to get through the day (Atkinson, David)
- Also it lets you eat more exercising daily lets you to be able to “cheat” on your diet once in a while due to the fact that your body needs to produce more energy for your active body. (Atkinson, David)
- Weight loss is an added benefit to exercise.



# MEN VS. WOMEN

## Men

- Teen males and females have an equal number of muscle fibers but female's muscles fiber are smaller
- The total volume of oxygen you can consume is 40% greater in males
- Female performance times are approximately 10 percent less in most track sports

## Women

- A averaged teenaged female has more fat stored than an averaged teenaged male
- Females start to sweat at higher skin and core temperatures and produce less sweat then males
- Women with smaller hearts require more blood to be pumped each minute at a given level of exercise

(Dimenna, Fred)

# WHAT DOES IT MEAN TO BE PHYSICALLY FIT

- Presidential Fitness Test
  - Curl-ups,
  - Shuttle run,
  - Endurance run/walk,
  - Pull-ups ,
  - V-sit reach





# STAY FIT PROGRAMS

Play 60- Fuel Up to Play 60 is a school nutrition and physical activity program launched by National Dairy Council (NDC) and NFL, in addition with the USDA, to help encourage today's teens and youth to lead healthier lives. (NDC)

Let's Move- Is a program, launched by the First Lady Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation (Obama, Michelle)

My Plate- Is part of a larger company since 2010, *Dietary Guidelines for Americans* to help consumers make better food choices. (USDA)





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QUESTIONS

