

# Teens: Get Moving!

Your body's not a beanbag ...It's got bones and muscles, and they're meant to move. Being active can help you feel better. It can help you be a healthy weight ...and it can be fun. You don't have to be an athlete to get in better shape. You don't need to join a team or go to a gym. And it doesn't have to cost a lot of money.

My dad said I needed to turn off the TV and get some exercise. So I took my basketball to the park near our building. It was boring at first, but then a guy who was walking by grabbed the ball and started passing to me. Later, a couple of other guys joined in. Now we play after school almost every day.

My friend and I wanted to get more exercise, but we can't afford to join a gym. She works at the mall, so she texts me before she gets off. I meet her there, and we walk in the mall. It's great 'cause we can talk and look at all the store displays at the same time.

There's this coffee shop where a lot of kids hang out. One day we missed the bus ... so we hopped on our bikes and rode over there. Then we figured, why wait for the bus? We can go anytime ... for free.

I don't get out much because my mom needs me to watch my little sister after school. Plus, our neighborhood's not too safe. So my mom got me a dance game. It has a lot of my favorite music, and I'm learning some new moves. It's a real workout, but it's so much fun that I don't mind.

When you're ready to pump up your activity level, try to find something you enjoy. You'll be more likely to stay with it.

And getting friends to do it with you can help too. So, got any ideas? Well, then ... get moving!