

# 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 \_\_\_\_\_  
Verb ending in ing TV or DVDs, playing computer \_\_\_\_\_  
Plural noun and surfing the  
\_\_\_\_\_  
Plural noun for more than two hours a day is associated with being \_\_\_\_\_  
Adjective in adulthood?

Reduce the risk by limiting yourself to no more than \_\_\_\_\_  
Number hours per day \_\_\_\_\_  
Verb ending in ing in  
front of the \_\_\_\_\_  
Noun or computer, and follow these tips to get into \_\_\_\_\_  
Adjective habits as a teen!

\_\_\_\_\_  
adjective tips for teens

Teenagers (12 to \_\_\_\_\_  
Number years) need at least \_\_\_\_\_  
Number minutes of moderate to vigorous  
\_\_\_\_\_  
Adjective activity a day for health and \_\_\_\_\_  
Noun.

So

get into some \_\_\_\_\_ fun!

\_\_\_\_\_ more - to school, to sport, to see \_\_\_\_\_ to go out.

Team up - make new friends at team \_\_\_\_\_ or join other \_\_\_\_\_ activities.

Surf a \_\_\_\_\_ instead of the internet.

Try a new activity like \_\_\_\_\_ yoga, swimming, \_\_\_\_\_ kickboxing, or archery - it's more  
\_\_\_\_\_ than computer games and you'll meet \_\_\_\_\_ 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 \_\_\_\_\_<sup>Plural noun</sup> at your local recreation \_\_\_\_\_<sup>Noun</sup> or club - you'll find anything from  
\_\_\_\_\_<sup>Noun</sup> to soccer.

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

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