

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 _____^{Noun} or your neighbor's _____^{noun} for a walk to the local _____^{Noun} or beach.

Put on some music and _____^{Verb} - from ballet to break-dancing - it's all _____^{Adjective}

Challenge your _____^{Relationship (plural)} to some active competition!

Use your _____^{Plural noun} - skateboard, _____^{Verb} or cycle to get around - don't forget your _____^{Noun}

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.