



## ***Fitness Tips for Teenagers***

Young athletes are often obsessed about being `perfect` instead of making every attempts to grow into their own position athletically and feeling comfortable with it . It is just as important for athletes to feel happy about their skills and to have high athletic-confidence.

The age group 11-17, is the most critical time for aspiring athletes to learn to eat right and treat their body and mind with respect.

Teenagers (Young Adults) should get at least 6.5 hours of moderate to intense aerobic activity each week to ensure major heart and overall health benefits.

**Teenagers shall follow these tips to maintain their fitness.**

- Instead of asking yourself, "Am I fat?" ask yourself, "**Am I fit?**" – as in, "Am I healthy and in shape?"
- Never skip breakfast, eating breakfast increases metabolism (energy) for the day.
- Avoid **artificial** processed foods and sweeteners as they could make you crave for more sweets
- Keep a tab on how much you eat; – It is just as important as what you eat – Carbohydrates (energy) or carbs sources – bread, potatoes, rice, pasta, beans.
- Protein should not every be avoided – Exclusive fuel for your brain – Items – meat, fish, turkey, chicken are a good protein sources

- Never eat big meals at the end of the day, and **try** not to eat past **8:00 p.m.** – Remember, your next meal is more important than your last one.

It's better to eat three average (**portion**) sized meals and eat small (**portion**) size meals (**fruit, vegetables**) throughout the day after every 2 hours to keep your body running smoothly and to make sure you're getting the right **nutrients** at the right time – eating correctly is the key to good health

Exercise is extremely important to your diet and your health. Working out daily (regularly) will reduce body fat, increase your energy level, and release endorphins, which will give you a **natural energy source**

Aerobic activities such as running, walking, jogging, bike riding, and aerobic machine, daily not only translates into more years of life but also into higher quality years, compressing the burden of pain, soreness, illness and injuries into a shorter amount of time.