

# The key to staying active

– for teenagers!



**To feel good** you need to move until you get warmed up and slightly out of breath for an average of at least **60 minutes** a day, for example by taking a brisk walk, cycling or skating.



Three times a week, your heart rate should go up until you feel breathless and warmed up, for example by running fast, cycling uphill or swimming.



You should strengthen your muscles and bones three times a week, for example by running, jumping, climbing or working out at an (outdoor) gym or at home.



Don't sit still all day. Stay active during breaks at school. Try not to spend too much time in front of a screen and take breaks to move your body.





## The key to staying active

### TIPS TO GET STARTED!



**Get more exercise every day.** Walk or cycle to school and take the stairs instead of the lift. Help out at home by cleaning, carrying groceries, mowing the lawn and shovelling snow.



**Exercise, increase your heart rate and strength.** Try doing activities that are fun and that work for you! Work out on your own or with a friend. Exercise in the open air or at home, or why not join a sports club or a gym?

### Follow inspo!



#### Get inspiration from social media

- Generation Pep
- RF-SISU Västra Götaland
- Västkuststiftelsen
- Friluftsförbundet

### DISCOVER ACTIVITIES!

[vregion.se/rorelseguiden](http://vregion.se/rorelseguiden)

[svtplay.se/alex-traning](http://svtplay.se/alex-traning)

### More tips if you have a DISABILITY

Check out these websites or follow them on social media!

**Parasport Sweden**

**Para-Me.se**



This brochure is based on Region Västra Götaland's action plan to encourage physical activity among children and adolescents, in cooperation with Centrum för fysisk aktivitet in Gothenburg. You can order 'The key to staying active as a teenager' via adress. [distributionscentrum@vregion.se](mailto:distributionscentrum@vregion.se)



VÄSTRA  
GÖTALANDSREGIONEN