

Tips For Teens

To Work Out

— Safely —



A daily exercise routine should include a ten-minute warmup and cool down.



Increase the intensity of workouts gradually and avoid jumping straight into a high-intensity workout.

If you feel exhausted or sick, cut back on workouts.



Stay hydrated to make up for the water loss from sweating.

Wear appropriate clothes and shoes to facilitate easy movement.



Avoid exercising on an empty or full stomach and eat light before working out.



Familiarize yourself with the safe use of gym equipment and have a first aid kit on hand for emergencies.

