

Physical Activity Websites for Teens



For Young Women

Girls Health

Office on Women's Health,
U.S. Department of Health and Human Services
www.girlshealth.gov

Information for girls ages 10–16 on nutrition, exercise, feelings, relationships, puberty, illness and disability, bullying, drugs, alcohol and smoking.

Young Women's Health

Center for Young Women's Health, Boston Children's Hospital
www.youngwomenshealth.org

Information for young women on nutrition, fitness, sexuality and gynecology, puberty and development, and emotional health. (In English and Spanish.)

For Young Men

Young Men's Health

Boston Children's Hospital
www.youngmenshealthsite.org

Information for young men on nutrition, fitness, sexuality, puberty and development, and emotional health. (In English and Spanish.)

For All Teens

Go Ask Alice!

Columbia University
<http://goaskalice.columbia.edu>

Answers to young people's questions on six topics: alcohol and other drugs, emotional health, fitness and nutrition, general health, relationships and sexual/reproductive health.

TeensHealth

Nemours Foundation
<http://kidshealth.org/teen>

Articles for teens on many topics, including physical health conditions, mental health, sexual health, exercise, nutrition and recipes, and drugs and alcohol. (In English and Spanish.)

Physical Activity

Aerobic Exercise for Teens

WebMD
<http://teens.webmd.com/aerobic-exercise-for-teens>

Explanation of what aerobic exercise is and how to build it into your life.

Explore Nutrition & Physical Activity

Susan P. Byrnes Health Education Center
www.learntobehealthy.org/teens

Information about exercise, healthy eating and mental health for children in grades 7–12.

The Snack Neutralizer

www.thesnackneutralizer.com

An interactive site that allows kids to find out what it takes to burn the calories they consume. For example, one piece of pie needs an hour of basketball!

We Can! Screen Time Chart

National Institutes of Health

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/screen-time-log.pdf

Downloadable chart for kids to track how much time they spend in front of a screen each week. The goal is two hours or less of screen time per day, and at least one hour of physical activity each day.

Sports Science

Exploratorium: The Museum of Science, Art and Human Perception
www.exploratorium.edu/explore/staff_picks/sports_science

Cool facts about sports: How is a skateboard truck made? How far can you hit a baseball? How fast is a hockey goalie's reaction time?

Fun Training Plans (You Can Do Them!)

From Couch to 5K

www.fromcouchto5k.com

A 10-week training plan that gradually brings you from the couch to jogging for 30 minutes.

Fun Fitness Exercises

Center for Young Women's Health
www.youngwomenshealth.org/fitness

Follow these step-by-step instructions to do exercises for stretching and toning.

Move Mixer & Fitness Challenge

IFIC Foundation
www.kidnetic.com/kore

Interactive games where kids can pick the music and the robot's dance moves for "Move Mixer" and dance along. Kids can take the "Fitness Challenge" and do 10 different exercises while a stopwatch times them.

Montefiore
Inspired Medicine

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One Hundred Pushups Training Program

www.hundredpushups.com

A gradual training program that starts with one pushup and builds up to 100 pushups in six weeks.

Also try: Two Hundred Squats www.twohundredsquats.com and Two Hundred Situps www.twohundredsitups.com

Free Fitness Music and Online Videos

Fitness TV Videos on Demand

www.fitness.tv/videodemand.html

Free fitness videos.

Free Workout Music Online

Free workout music is available from these websites and apps. Enter search terms like "Zumba fitness" or "dance cardio."

Pandora www.pandora.com

8 Tracks www.8tracks.com

Grooveshark www.grooveshark.com

Jango Music Network www.jango.com

Fit Radio App www.fitradio.com

Podrunner www.djsteveboy.com/podrunner.html

(also has an app)

LivestrongWoman Online Fitness Videos

www.youtube.com/user/livestrongwoman

Free online fitness videos including toning, cardio, pilates and yoga.

"Movimiento Por Su Vida" CD Tracks

National Diabetes Education Program,
Centers for Disease Control and Prevention

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=69>

Six free lively Latin music tracks with healthy messages.

Online Fitness and Yoga Workouts

SparkPeople

www.sparkpeople.com/resource/videos.asp

Free fitness and yoga videos.

10 Ways to Get Fit

U.K. National Health Service

www.nhs.uk/Livewell/teenboys/Pages/Fungettingfit.aspx

Ten great ways to get exercise.

Track Your Progress (Websites and Apps)

Lose It!

www.loseit.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

Map My Run

www.mapmyrun.com

A free online tool or smartphone app that allows you to map your run, walk or bike ride. Mapping your course will help you plan a better route and see how far you've gone.

My Fitness Pal

www.myfitnesspal.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

Nike Training Club

<http://nikeplus.nike.com/plus>

A free app with videos of full body workouts and drills to meet your fitness goals.

RunKeeper GPS

www.runkeeper.com

A free app that tracks your runs, walks, bike rides and hikes using the GPS on your phone, and provides detailed statistics and coaching.

Journal of Training

www.entryworks.com/journal.html

A free program to help you keep track of your workouts and sports activities.