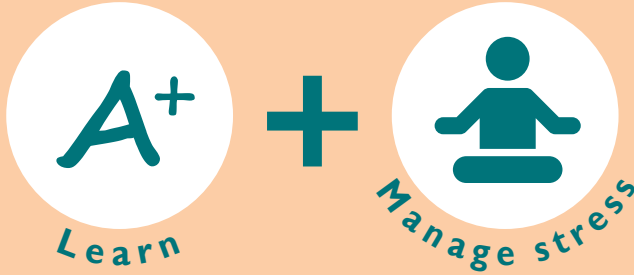


13-17  
YEARS

PHYSICAL ACTIVITY FOR YOUNG PEOPLE

Plenty of moving helps you



keeping you:



Each day you need at least



Including weekly:



Tips for getting active

-  Plan walks or jogs with friends
-  DVD or YouTube fitness sessions
-  Walking or riding part way to school
-  Join a sport, gym or pool
-  Play games or sports at the park
-  Work towards a fun run

healthy  
Tasmania  
A Tasmanian Government  
and Community Partnership