

# Help Your Overweight Teen “Get Fit”

Many overweight people, including teens, do not like to exercise. They are often the victims of bullying. It is why many do not exercise or try out for sports teams. Instead, they tend to stay at home.

Increased weight makes moving difficult. Overweight teens can only stand a small amount of exercise at a time. As a result, they do not exercise on a regular basis. Teens are often self-conscious about their body. Wearing exercise clothes is embarrassing.

Many overweight kids do not feel naturally athletic. Still, you can help your overweight teen be more physically active.

Get your teen to *move*. It may not start with exercise.

- Persuade your teen to get out of the house. Instead of exercising, encourage her to take a class at the local college. She gets exercise as she walks from the car to the class.

Encourage her to join a drama group. Acting or painting scenes gets her moving.

- Suggest an easy activity for a small amount of time. Walk 5 minutes a day. Increase by 1 minute every other day. Walk together.
- Find an activity that does not take extra skill. Bike, swim or shoot hoops.
- Get up and move between video games or during TV ads.
- Decrease TV and screen time to no more than 2 hours a day.
- Strength train at home with lift weights or resistance bands. Doing these exercises 3 times a week lowers body fat and increases muscle strength. Consult his doctor first.
- Chart exercise and activities and minutes spent. Your teen will see her progress on the chart.

The CDC tells us that kids who are physically fit and active often do better in school than those who are not active. Exercise:

- Boosts learning and memory.
- Promotes better sleep.
- Improves concentration and behavior.
- Makes bones strong.
- Helps with weight control.
- Relieves stress and anxiety.
- Boosts mood.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
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