

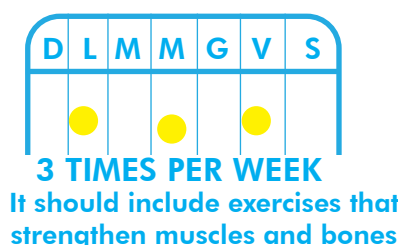
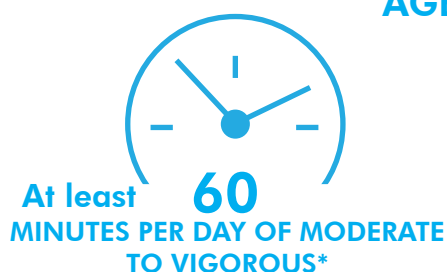
# Teenagers can also take exercise at home

## For adolescents aged 12 to 17 years old

In this emergency situation when teenagers also find themselves spending their days at home, it is very important for them to maintain some habits in order to organize their time in the best way, such as dedicating time to study, listening to music, reading, practicing a hobby and physical activity. Physical activity, as well as enhancing general well-being, improving sleep quality and self-esteem, helps to manage stress and react positively to the confinement that the current situation may cause. In addition, physical activity, performed remotely in community chat, allows them to maintain social relationships with their friends and to experience a conscious and correct use of technological devices.

### How much physical activity is necessary each day?

#### AGE 12-17 Years



\*vigorous/intense physical activity: when breathing and heart beating are accelerated and can cause sweating (for example: running, jumping several times, dancing quickly)

### What can parents do to promote physical activity at this age?

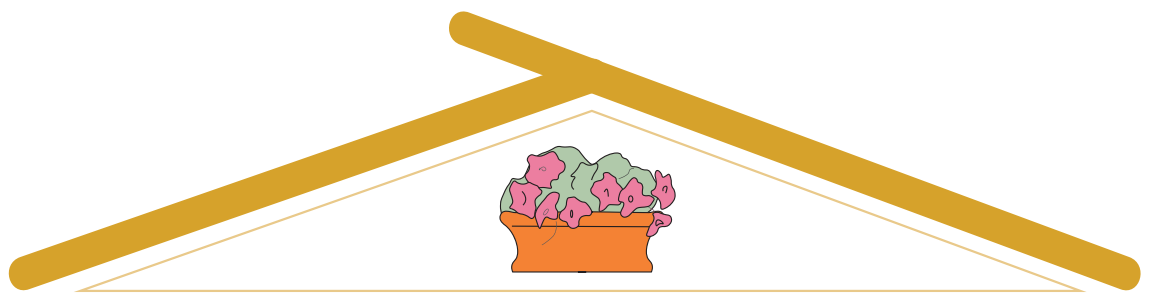
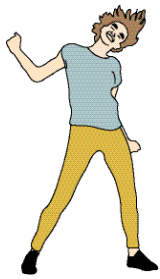
- Lead by example, if parents are active, their children will also be active
- Encourage them to do their normal physical activity or gradually build up the level of activity
- Create safe places where they can train
- Limit the use of TVs, PCs, tablets and smartphones to a maximum of 2 hours a day, in addition to the time necessary for carrying on the teaching activity.
- Try to enforce the usual sleeping hours



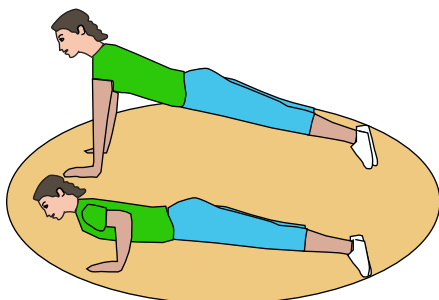
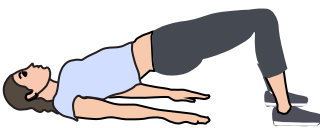
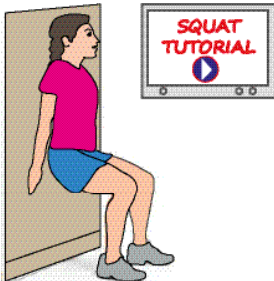
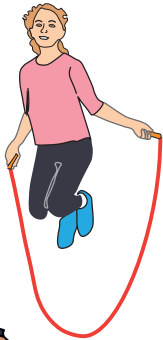
### Some suitable transversal activities for this age group

- free movement: dancing, jumping, stretching
- playing with brothers/sisters or with parents or other people living at home
- music and reading to encourage learning and relaxation
- drawing, painting to stimulate creativity
- carrying out housework: dusting, vacuuming, setting/clearing the table, making their bed, etc
- the use of the web to integrate educational activity with other cultural activities, such as visiting virtual museums, downloading books and newspapers, listening to concerts, etc.





## Examples of physical activity for this age group



- **Gymnastics with music** to keep conditional skills trained (strength, endurance, speed) and stimulate cardiovascular and respiratory systems: Mango, Zumba, Move Up & Down, Bandera, To Tango with tutorials or in video chat.
- **Skipping rope** with intensity and duration variable according to individual training.
- **Run on the spot.**
- **Abdominals:** starting from lying on the ground, with your knees flexed and hands well crossed behind your head to support it, lift your head and torso by contracting your abdominal muscles.
- **Training with a step**, using as a substitute a step of the home stairs.
- **Exercises with objects available at home:** for example, a broom to do shoulder exercises; a chair in front of a table to do leg exercises; a pack of long pasta to do exercises for shoulders and arms.
- **Squat:** bending on the legs, starting from an upright position with shoulders, pelvis and ankles aligned on the same axis. This movement can also be done by leaning against the wall.
- **Push-up:** Lie on your front on the ground and put your hands just below your shoulders with palms parallel to the trunk. With the only help of your arms, push upwards your whole body, pivoting on the tips of your feet until the elbows are completely stretched.
- **Bridges for the buttocks:** Lie on your back with your legs bent and your feet placed to the width of your shoulders and raise and lower your hips.
- **Game with exergame:** it means the type of video games that involve both fun and physical activity.

**For a daily workout, the following exercises could be performed using the resources available on the web:**

- **Start with a warm-up and muscle strengthening**
- **Perform exercises for joint mobility:** for example, foot, pelvis and shoulders rotation, twisting the torso, lift legs up and down, etc.
- **Perform exercises to train and strengthen muscles:** for example, bridge for the buttocks, push-ups, lifts to strengthen the abs, push-ups, etc.
- **Finish with a stretching of 5-10 minutes.**

