

Teen Health and Fitness
E. Viengxay

http://www.childdevelopmentinfo.com/health_safety/physical_fitness_guide_for_kids.htm

Articles that give tips to parents about physical fitness for their children. Articles are organized by age ranges.

http://kidshealth.org/kid/feeling/thought/fat_thin.html

A very kid-friendly site my students would not have too much trouble understanding. This page focuses on body image, health, and nutrition, and helps kids understand what is a good weight for their body type. On the left side are excellent links to other pages on the main site.

<http://www.toneteen.com/>

Educates kids & teens about health and fitness. There are articles on health and fitness, exercises, charts, and other useful tools to help kids develop healthy habits.

http://kidshealth.org/parent/nutrition_fit/fitness/fitness_13_18.html

An article for parents about how to get their teens to be more active.

http://parentingteens.about.com/od/bodyimage/a/body_image_c.htm

Guidelines for parents to help their teens develop a more healthy body-image.

http://www.sexualityandu.ca/eng/teens/LAP/what_body.cfm

This website is aimed at teens. It deals with issues like body and self image, puberty, sex, etc.

<http://kidshealth.org/teen/index.html>

Another excellent site from kidshealth.org. This one is aimed at teen issues: fitness, puberty, emotional health, sexual health, recipes, drugs and alcohol, etc. This is colorful, fun, easy to navigate, and has a lot of useful straightforward information for teens.

http://www.seekwellness.com/weight/body_image_and_you.htm

A good articles written for pre-teen to young adolescents about self-esteem, body image, and the media.

<http://library.thinkquest.org/12153/>

A "Bodies in Motion" ThinkQuest that teens can navigate to learn more about being healthy.

<http://www.teengrowth.com/>

A good site for teens with information about weight loss, school, family, health, food, sex, etc.