

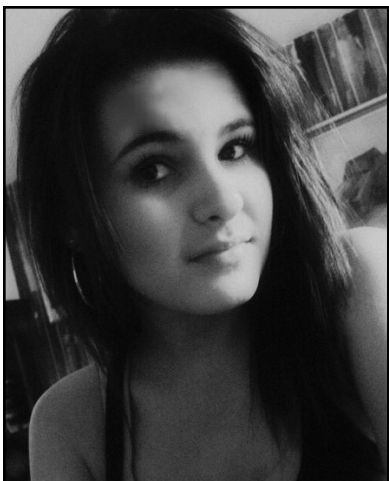
Do you want to lose weight this summer?

Survey by Tali Campbell

Kalisha Anderson
15
Not at all!



Dayna Meredith
15
No I don't, but I'd like to work out a lot so I have a sexy summer body!



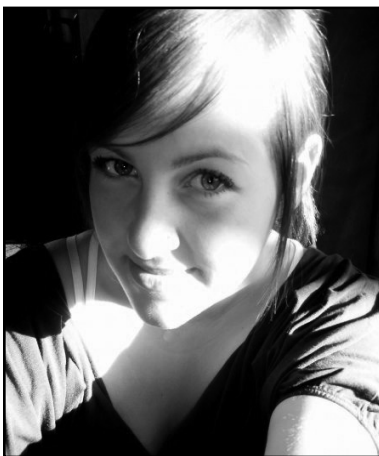
Cheryl Wieler
18
No



Devyn Brugge
18
I plan on going for runs in the morning, and staying active, but not with the intent of losing weight. I just want the satisfaction of being and feeling control of my body, not stuck in the classroom.



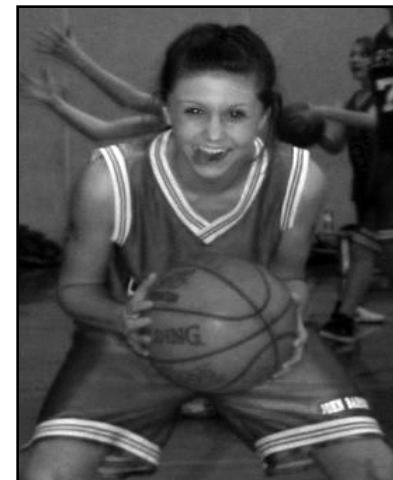
Sara Dejong
16
Definitely



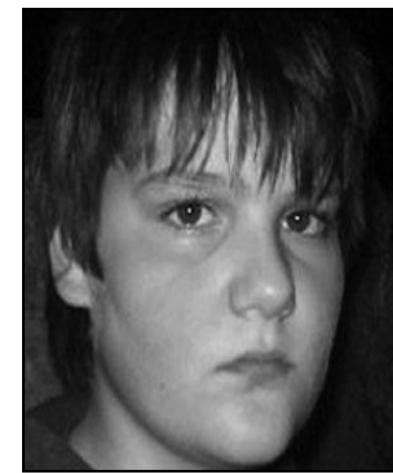
Kyle Hunt
17
Yeah, mostly the little chub I have left on my belly, otherwise I'm good.



Samantha Robertson
14
I want to lose weight.



Riley Hayes
13
Yes!



HEALTHY EXERCISE TIPS AND GOALS FOR TEENS

A healthy diet and exercise regimen is important for everyone. In this day and age, however, with the popularity of TV, computers, and video games, teens don't always get the exercise that they need. Here are some exercise tips to get you going:

Find an Exercise Buddy - Exercising is always more fun with a friend, so find a friend that is dedicated to being healthy like you are, and set up your exercise

routine together.

Activity is Exercise - Remember that exercise doesn't have to consist of jumping jacks and lifting weights. Any activity that gets your body moving and your blood pumping can make a good workout. Dancing, roller skating, or playing your favorite sports can all be good forms of exercise and fun.

Vary Your Routine - Don't forget to change your routine to keep from getting bored. Instead of aerobics, play basketball once in a while...even if you're not

good at the game! Keep things interesting and you'll find you are less likely to get bored with exercise.

A Wii Bit of Exercise - While sitting on the couch playing video games all day is certainly not a good form of healthy living, video games do have their advantages. If you have an interactive gaming system such as the Nintendo Wii, utilize it to play the games that will get you up and moving, or even better pick up one of the games that are specifically geared toward fitness. More info at www.docshop.com/.