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Teenage girls and sport activities

Teenage nutrition and healthy eating



Small scale partnership in sport
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Introduction

Welcome to Guide on teenage nutrition and healthy eating!

This guide has been developed as part of the **Teens Activity** project, a small scale partnership in sport co-funded under the **Erasmus+** program. Our primary goal is to provide you with valuable information and resources to empower you on your journey towards optimal health and well-being.

This comprehensive guide is the culmination of collaborative efforts from five partners representing four different countries: Serbia, North Macedonia, Portugal, and Spain. Together, we share a common goal: to empower teenage girls with knowledge and resources related to nutrition, healthy eating and physical activity.

As a teenager, your body is going through significant changes and it's important to nourish it with the right foods and habits. In this guide, we will explore how your body works, how it utilizes the food and drinks you consume and the role of physical activity in maintaining a healthy lifestyle. We will also delve into the art of making smart food choices, staying active, getting enough sleep and developing sustainable healthy habits that fit your unique lifestyle.

Adolescence is a critical period of growth and development, both physically and emotionally. We understand the challenges you may face in navigating your health and well-being during this time. That's why this guide is designed to equip you with the knowledge and practical tips to nourish your body, optimize your well-being and establish lifelong healthy habits.

Get ready to discover the tools and insights you need to thrive and lead a balanced and fulfilling lifestyle.

Welcome to the empowering teen health guide!

Understanding how your body works

During your teenage years, your body undergoes numerous changes as you transition into adulthood. It's important to have a solid understanding of how your body functions and the different systems that work together to keep you healthy. In this section, we will explore these essential systems and how they collaborate to support your well-being.

The human body is like an intricate machine, composed of numerous small parts that work independently or in coordination to carry out specific tasks. At the core of your body are cells, the building blocks that carry out specific functions and form tissues. These microscopic units play vital roles in producing energy for daily activities and holding the instructions for various traits, such as hair color or the presence of freckles.

Cells differentiate into different types to carry out important functions. For example, some become brain cells, while others develop into bone cells. Red blood cells transport oxygen, while white blood cells combat infections.

When cells collaborate to perform a specific function, they form tissues. Different types of cells join forces to create tissues like muscle, nervous, and connective tissues. These tissues collaborate to perform specific tasks in different parts of your body. For instance, muscle tissues enable movement, while nervous tissues allow you to sense things.

Organs are created when different tissues come together and work in harmony. For example, the stomach consists of all four types of tissue and is responsible for breaking down food. Organs collaborate to form organ systems, each with a specific function.

Let's explore some of the essential organ systems in your body:

Skeletal System: This system forms the framework of your body, providing support, protecting organs, and enabling movement through bones, joints and connective tissues.

Muscular system: Muscles are the powerhouses of your body, enabling movement, stability and heat generation.

Circulatory system: This system acts as a transportation network, using the heart, blood vessels and blood to deliver oxygen, nutrients and remove waste products throughout your body.

Respiratory system: It enables breathing by using the lungs and airways to bring oxygen into your body and eliminate carbon dioxide.

Digestive system: This system processes the food you eat, allowing your cells to absorb nutrients and convert them into energy. It includes organs like the stomach, intestines and liver.

Nervous system: This system is like your body's communication network. It includes the brain, spinal cord and nerves, which send messages and control bodily functions.

Endocrine system: Glands like the pituitary and thyroid release hormones that regulate various bodily functions, acting as messengers.

Immune system: This system defends your body against harmful invaders like bacteria and viruses, helping to maintain overall health.

Reproductive system: It allows for the production of offspring and includes organs like the ovaries, testes, uterus and mammary glands.

These systems constantly interact with each other, playing vital roles in growth, maintaining life and reproduction. It's important to note that if one system has a problem, it can affect other systems too.

During your teenage years, your body undergoes numerous changes as you transition into adulthood. Puberty marks the onset of significant physical transformations, including hormonal shifts, bone growth and the development of reproductive organs. Understanding these changes is essential for embracing a healthy lifestyle tailored to your unique needs.

By comprehending how your body works and how these systems work together, you can make informed choices about your diet, exercise and overall well-being. Remember, your body is an intricate team and each system plays a crucial role in keeping you healthy and thriving. Embrace your unique needs and take care of your body with the knowledge of how it operates. Your body is an incredible masterpiece and by understanding its inner workings, you can navigate through adolescence with confidence and maintain a healthy and fulfilling life.

How your body utilizes food and drinks

Understanding how your body utilizes food and drinks is essential for maintaining good health, supporting growth and development and fueling an active teenage lifestyle. By gaining insights into the intricate journey that food and drinks undergo within your body, you can make informed decisions about your diet and promote optimal well-being.

To begin, it's important to recognize that nutrients found in food can be classified into two primary categories: micronutrients and macronutrients. Micronutrients encompass vitamins and minerals, which are required in smaller quantities but play crucial roles in various bodily functions. They support the immune system, bone strength and overall health. On the other hand, macronutrients are nutrients that the body requires in larger amounts to provide energy and facilitate physiological processes. These macronutrients include carbohydrates, proteins, and fats.

Carbohydrates are broken down into glucose, which serves as the primary source of energy for your body's cells. Glucose is transported through the bloodstream to fuel your brain, muscles and other organs, supporting physical activity, brain function, and the basic metabolic processes that keep your body running smoothly. Good sources of carbohydrates include whole grains, fruits, vegetables, and legumes.

Proteins are broken down into amino acids, which play a crucial role in growth, tissue repair and the production of enzymes and hormones.

They serve as the building blocks of tissues, including muscles, bones and organs. They are essential for the development of lean muscle mass, bone density and overall physical strength. Consuming lean meats, poultry, fish, eggs, dairy products, legumes, and nuts can provide an adequate intake of protein.

Fats, despite their reputation, are an important part of a balanced diet. They serve as a concentrated source of energy and provide insulation and protection for organs. Additionally, fats play a role in hormone production and aid in the absorption of fat-soluble vitamins. Healthy sources of fats include avocados, nuts, seeds, fatty fish, and plant oils.

Adequate intake of vitamins and minerals supports bone health, immune function, and hormonal balance, ensuring that you reach your full potential during this critical period of your life.

Once you consume food and drinks, the journey of digestion and absorption begins. It starts in your mouth, where food is mechanically broken down through chewing and chemically broken down by enzymes in saliva. From there, the partially digested food moves down the esophagus and enters the stomach, where gastric juices and enzymes further break it down.

The majority of digestion and absorption take place in the small intestine. Here, enzymes and bile from the liver and pancreas break down proteins, carbohydrates, and fats into smaller molecules. These molecules are then absorbed through the walls of the small intestine and enter the bloodstream, where they are transported to various cells and organs to provide the necessary nutrients and energy.

It's important to note that the quality of the food you consume can significantly impact your energy levels. Opting for a diet rich in nutrient-dense, whole foods, such as fruits, vegetables, whole grains, legumes, lean proteins and healthy fats such as seeds and nuts, provides sustained and beneficial energy. These foods contain a balanced composition of macronutrients, fiber, vitamins and minerals, supporting optimal energy levels and overall well-being. On the other hand, consuming processed foods high in added sugars, unhealthy fats and artificial additives can lead to energy crashes and contribute to unhealthy weight gain.

These foods often lack essential nutrients and can have negative effects on your health and energy levels in the long run.

Energy is essential for all bodily functions and activities, including physical movement, brain function, and organ maintenance. Carbohydrates, proteins, and fats serve as the primary sources of energy, each playing a unique role in energy production and utilization.

To ensure optimal health and well-being, it is crucial to maintain a balanced diet. A balanced diet incorporates a variety of foods from different food groups, providing a diverse array of nutrients necessary for growth, development and overall health.

In addition to a balanced diet, staying hydrated is crucial for your body to function optimally. Water is essential for digestion, nutrient absorption, temperature regulation and overall well-being. It's recommended to drink an adequate amount of water throughout the day to maintain proper hydration.

The role of physical activity in calorie burning

In addition to understanding the importance of nutrition, it is crucial for teenage girls to recognize the role of physical activity in their overall health and well-being. Engaging in regular physical activity not only helps you maintain a healthy weight but also contributes to calorie burning and supports your energy balance. So, let's break it down a bit:

Calorie burning and energy balance:

Energy balance is a key concept to understand when it comes to physical activity and burning calories. It's all about finding the right equilibrium between the calories you consume through food and drinks and the calories you burn through physical activity and bodily functions. When you achieve this balance, you can maintain a healthy weight.

Physical activity and metabolism:

When you get active, your body's metabolism gets a boost. That means your body burns more calories not only during physical activity but also afterward as it recovers and restores itself.

Types of physical activity: You have plenty of options when it comes to physical activities that suit your interests and preferences.

Aerobic exercises like running, swimming, dancing, or cycling increase your heart rate and breathing, which leads to calorie burning. Strength training exercises, such as resistance training or weightlifting, help build muscle mass.

Having more muscle can actually increase your metabolism and calorie burning, even when you're at rest.

And don't forget about activities like yoga or pilates, which can improve your flexibility, balance and overall well-being.

Intensity and duration: The intensity and duration of your physical activity also play a role in how many calories you burn.

Higher-intensity activities like running or high-intensity interval training (HIIT) generally result in more calorie expenditure compared to lower-intensity activities like walking.

But remember, any form of physical activity, no matter the intensity, contributes to burning calories and increasing your overall energy expenditure. So, try to include a mix of moderate-intensity and vigorous-intensity activities throughout the week for the best results.

Lifestyle factors:

Incorporating physical activity into your daily routine and adopting an active lifestyle can further boost your calorie burning. Simple things like walking or biking to school, taking the stairs instead of the elevator, or participating in sports and recreational activities can make a big difference in your overall energy expenditure.

Benefits beyond calorie burning:

Regular physical activity has a lot of benefits beyond just burning calories. It improves your cardiovascular health, strengthens your muscles and bones, enhances your mood and mental well-being, boosts your self-confidence and reduces the risk of chronic diseases. Plus, it supports your healthy growth and development during your teenage years.

Finding balance:

While physical activity is important for burning calories and staying healthy, it's crucial to find a balance that works for you. Aim for at least 60 minutes of moderate to vigorous physical activity most days of the week. But always listen to your body, avoid overexerting yourself and if needed, consult with healthcare professionals or fitness experts for guidance.

Remember, taking care of your body through regular physical activity is not just about burning calories. It's about enjoying an active lifestyle, feeling good, and reaping all the amazing benefits that come with it.

Choosing healthy foods and drinks

Making smart choices when it comes to what you eat and drink is essential for your overall health and well-being. Here are some key points to keep in mind:

Balanced nutrition:

Strive for a well-balanced diet that incorporates a diverse array of foods from various food groups. Ensure an ample and varied intake of fruits and vegetables, encompassing options such as berries, leafy greens, and cruciferous vegetables. Include whole grains like quinoa, oats, barley, bulgur, and more. Incorporate legumes such as beans, chickpeas, and lentils, which are excellent sources of protein and fiber.

Additionally, include lean proteins like fish and poultry. Don't forget to include healthy fats like avocados, olive oil, nuts, seeds, and fatty fish. By adopting this approach, you will nourish your body with a broad spectrum of essential nutrients that are vital for optimal functioning.

The rainbow plate:

To create a visually appealing and nutrient-rich meal, aim to fill your plate with a rainbow of vibrant fruits and vegetables, as different colors often indicate a variety of beneficial vitamins, minerals, and antioxidants.

Portion control: Pay attention to portion sizes to avoid overeating. It's easy to consume more calories than you need if you're not mindful of portion sizes. Use smaller plates and bowls, listen to your body's hunger and fullness cues and try to avoid eating in front of screens or while distracted, as it can lead to mindless overeating.

Hydration: As we mention before staying hydrated is crucial for your overall health. Limit your intake of sugary drinks like sodas and fruit juices, as they often contain added sugars and can contribute to weight gain and dental issues.



Mindful eating:

Practice mindful eating by paying attention to your body's hunger and fullness signals. Take your time to eat, chew your food thoroughly and savor the flavors. This can help you avoid overeating and allows you to truly enjoy your meals.

Limit processed foods:

Try to minimize your intake of processed and packaged foods, as they tend to be high in added sugars, unhealthy fats and sodium. Instead, choose whole, unprocessed foods as much as possible. These include fresh fruits and vegetables, whole grains, legumes, lean proteins, nuts and seeds.

Healthy snacking: Choose nutritious snacks to keep you fueled throughout the day.

Opt for options like fresh fruit, yogurt, raw vegetables with hummus, nuts, or homemade granola bars.

These snacks provide essential nutrients and can help prevent overeating during main meals.



Moderation, not deprivation: remember, it's all about balance. It's okay to enjoy your favorite treats occasionally, but in moderation.

Completely depriving yourself of certain foods can lead to cravings and feelings of restriction, which may ultimately result in unhealthy eating behaviors. Allow yourself to indulge in moderation, savor the treats and then get back on track with your healthy eating habits.

By choosing healthy foods and drinks, you provide your body with the necessary nutrients to thrive.



Remember, it's not about strict diets or perfection, but rather about making consistent, mindful choices that support your overall well-being.

Getting moving: Embracing an active lifestyle

Regular physical activity has numerous benefits for your overall well-being. It strengthens your muscles and bones, improves cardiovascular health, boosts your energy levels, enhances mood, reduces stress, and promotes better sleep. Additionally, maintaining an active lifestyle helps you manage a healthy weight and lowers the risk of chronic diseases later in life.

Here are some tips for embracing an active lifestyle:

Discover enjoyable activities:

Explore different sports, dance classes, yoga, hiking, swimming, cycling, or recreational teams. Experiment until you find activities that genuinely excite and motivate you to move your body.

Exercise with friends:

Invite friends to join you on your fitness journey. Engaging in group workouts, team sports, or dance parties together not only makes exercising more fun but also strengthens your friendships and creates lasting memories.

Set realistic goals:

Establish achievable goals tailored to your abilities. Whether it's improving endurance, increasing flexibility, or reaching a milestone in a sport, break down your goals into smaller steps. Track your progress and celebrate each achievement, no matter how small, to stay motivated and inspired.

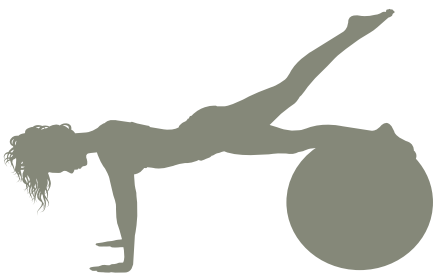
Prioritize consistency:

Make physical activity a regular part of your daily routine. Schedule specific times for exercise, such as before or after school, during lunch breaks, or on weekends. Treat these exercise sessions as non-negotiable appointments with yourself and commit to them.

Incorporate movement throughout the day:

Look for opportunities to move more in your daily life. Opt for stairs instead of elevators, walk or bike to nearby places instead of relying solely on transportation, or take short dance breaks while studying. Every little bit of movement contributes to your overall activity levels

Explore mind-body activities: Consider incorporating mind-body activities like yoga or pilates into your routine. These practices not only enhance flexibility and strength but also promote relaxation, stress reduction, and mindfulness. They can complement other forms of exercise.



Remember, the ultimate goal is to find joy in being active and make it a lifelong habit. Seek out activities that bring you joy, connect with like-minded individuals, and celebrate your progress along the way.

Embracing an active lifestyle will not only benefit your physical health but also boost your confidence, improve your mood and help you become the best version of yourself.

The Importance of quality sleep for teen health

Sleep is a fundamental aspect of our lives, and its importance cannot be overstated, especially for teenage girls. Getting enough restful sleep is essential for your overall well-being and plays a crucial role in supporting your physical and mental health. However, we often find ourselves struggling to prioritize and achieve the quality sleep we need.

That's why in this section, we're going to explore the importance of quality sleep for teen health and provide you with valuable tips to improve your sleep habits.

By understanding why sleep matters and implementing practical strategies, you can enhance your overall health and well-being. So, here are some helpful tips for achieving better sleep and waking up refreshed and ready:

Physical and mental health benefits:

Quality sleep plays a vital role in maintaining your physical and mental health. It supports healthy brain function, memory consolidation and learning. It also helps regulate mood, emotions and reduces the risk of mental health issues such as anxiety and depression. Adequate sleep is essential for proper growth and development during adolescence, including the maintenance of a healthy weight and hormonal balance.

Improved cognitive performance:

When you get sufficient sleep, your cognitive performance and academic abilities are enhanced. Sleep deprivation, on the other hand, can lead to difficulties with concentration, memory recall, problem-solving, and decision-making. Prioritizing sleep allows you to perform better in school, retain information more effectively, and boost your overall productivity.

Physical recovery and Immune system support:

During sleep, your body engages in important processes of physical recovery and repair. It helps your muscles and tissues heal and grow, supports immune system functions, and reduces inflammation. Quality sleep enables your body to recharge and prepares you for the challenges of the next day.

Establishing a sleep routine:

To improve your sleep quality, establish a consistent sleep routine. Try to go to bed and wake up at the same time each day, even on weekends. This helps regulate your body's internal clock and promotes a more restful sleep.

Create a relaxing bedtime routine, such as reading a book, taking a warm bath, or practicing relaxation techniques, to signal to your body that it's time to wind down.

Create a sleep-friendly environment:

Make your sleep environment comfortable and conducive to rest. Ensure your bedroom is cool, dark, and quiet. Consider using earplugs, an eye mask, or white noise machines if needed. Limit the use of electronic devices before bed, as the blue light emitted can interfere with your sleep patterns.

Prioritize Stress Management: Stress and anxiety can significantly disrupt sleep patterns. Incorporate stress-management techniques into your daily routine, such as practicing mindfulness, deep breathing exercises, journaling, or engaging in relaxing activities like yoga or meditation. By managing stress effectively, you can improve your sleep quality.

Limit Caffeine and Stimulants: Avoid consuming caffeine or other stimulants, especially in the late afternoon and evening. These substances can interfere with your ability to fall asleep and stay asleep. Opt for healthier alternatives like herbal tea or decaffeinated beverages.

Prioritizing adequate, restful sleep is of utmost importance for your overall health and well-being as a teenage girl. By establishing a consistent sleep routine, creating a sleep-friendly environment, effectively managing stress and making sleep a priority, you have the ability to optimize your sleep quality and reap the numerous benefits it offers.

Quality sleep not only enhances cognitive performance and supports physical recovery, but it also strengthens your immune system and contributes to a refreshed mind and body. It is crucial to remember that taking care of your sleep is synonymous with taking care of yourself.

Therefore, commit to incorporating these strategies into your daily routine and experience the positive impact of a good night's sleep on your overall health and well-being. Sleep well, wake up refreshed, and embrace each day with energy and vitality!

Easing into healthy habits: A step-by-step approach

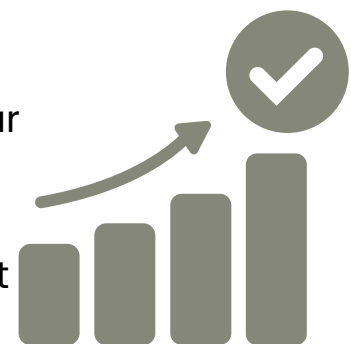
Developing healthy habits is an essential part of maintaining overall well-being, particularly during the teenage years. However, attempting to make significant changes all at once can be overwhelming. That's why adopting a step-by-step approach is highly effective in gradually transitioning to a healthier lifestyle. By taking small, manageable steps towards positive changes, you can establish sustainable habits that will benefit you in the long run. In this section, we will explore the importance of a step-by-step approach and provide practical tips to help you ease into healthy habits.

Start with goal setting: Begin by identifying the specific healthy habits you wish to incorporate into your life. Set realistic and achievable goals that align with your values and personal aspirations. Whether it's improving your diet, increasing physical activity, managing stress or prioritizing sleep, clear goals will guide your journey towards a healthier lifestyle.

Prioritize and focus: Instead of trying to change everything at once, prioritize one or two habits to focus on initially. This allows you to direct your energy and attention towards making meaningful progress in those areas.

For example, if you want to improve your diet, start by incorporating more fruits and vegetables into your meals before tackling other dietary changes.

Gradual progression: Take a gradual approach to prevent feeling overwhelmed. Break down your goals into smaller steps and implement them over time. For instance, if your aim is to increase physical activity, begin by adding short walks or exercises into your daily routine, then gradually increase the duration and intensity as you become more comfortable.



Consistency and accountability: Consistency is key when establishing healthy habits. Create a schedule or daily routine that includes specific times for practicing your desired habits.

Additionally, find an accountability partner, such as a friend, family member or join a support group that can provide encouragement and motivation along the way.

Celebrate milestones: Acknowledge and celebrate your progress as you reach significant milestones. Rewarding yourself for your efforts reinforces the positive changes and provides additional motivation to continue on your path towards a healthier lifestyle.

Adapt and evolve: Change is a continuous process. As you become comfortable with one habit, challenge yourself to incorporate new ones. Be open to learning and adapting along the way, as your needs and circumstances may evolve over time.

Remember adopting a step-by-step approach to healthy habits will empower you to make lasting changes that contribute to your overall well-being.

By setting realistic goals, prioritizing, taking gradual steps, maintaining consistency and celebrating milestones, you can ease into a healthier lifestyle with confidence.

The journey towards healthy habits is unique for everyone, so embrace your individual progress and enjoy the positive impact it brings to your life.

Planning healthy meals: Fueling your body right

Proper nutrition is vital for maintaining a healthy lifestyle, especially as a teenage girl. Planning and preparing nutritious meals is key to fueling your body correctly. By making informed choices and incorporating a variety of healthy foods into your diet, you can support your overall well-being, provide the necessary energy, and ensure optimal growth and development. In this section, we will explore the importance of planning healthy meals and provide practical tips to help you fuel your body right.

Understand your nutritional needs:

Start by understanding your individual nutritional needs as a teenage girl. This includes considering factors such as your age, activity level, and specific dietary requirements. Consult with a healthcare professional or a registered dietitian/nutritionist to gain personalized guidance and recommendations.

Prioritize whole, nutrient-dense foods:

When planning your meals, prioritize whole, nutrient-dense foods. These include fruits, vegetables, legumes, whole grains, lean proteins, and healthy fats like seeds and nuts. Aim for a diverse range of colors and textures to ensure you're receiving a wide array of essential vitamins, minerals and antioxidants.

Achieve macronutrient balance:

Maintain a balance of macronutrients in your meals. Carbohydrates provide energy, proteins support growth and repair, and fats are crucial for hormone production and brain function. Include a source of each macronutrient in your meals, such as whole grains, lean meats or plant-based proteins and healthy fats like avocados or nuts.

Portion control: Maintain proper portion sizes for a well-balanced diet. Use visual cues or measuring tools to understand appropriate portion sizes for different food groups. This helps prevent overeating and ensures you're consuming a balanced mix of nutrients.

Plan ahead and meal prep: Take the time to plan your meals in advance. Create a weekly meal plan, make a shopping list, and consider preparing some meals or ingredients ahead of time. Meal prepping can save you time and help you make healthier choices, especially during busy days.



Make healthier alternatives:

Look for opportunities to make healthier swaps in your meals. For instance, choose whole-grain options instead of refined grains, plant based protein or lean protein sources like chicken or fish instead of red and processed meats.

Stay hydrated:

Don't forget the importance of staying hydrated. Drink an adequate amount of water throughout the day to support digestion, nutrient absorption, and overall health. Limit sugary beverages and prioritize water as your primary source of hydration.

Planning healthy meals is crucial for fueling your body right as a teenage girl.

By understanding your nutritional needs, prioritizing whole, nutrient-dense foods, achieving macronutrient balance, practicing portion control, planning ahead, making healthier alternatives, and staying hydrated, you can ensure you're providing your body with the nourishment it needs for optimal health and well-being.

Remember, small changes in your meal planning and choices can have a significant impact on your overall health.

Designing physical activities for your lifestyle

Engaging in regular physical activities is essential for maintaining a healthy lifestyle. As a teenage girl, creating a personalized fitness plan can help you stay active, improve your fitness levels, boost your mood, and enhance your overall well-being.

By considering your interests, preferences, and schedule, you can develop a tailored exercise routine that is enjoyable and sustainable.

In this section, we will explore the importance of designing physical activities for your lifestyle and provide practical tips to help you get started.

Identify your Interests and goals:

Start by identifying your interests and goals regarding physical activities. Consider the types of exercises or activities that you find enjoyable or would like to try. Determine whether your goal is to improve cardiovascular fitness, build strength, enhance flexibility or incorporate more movement into your daily life.

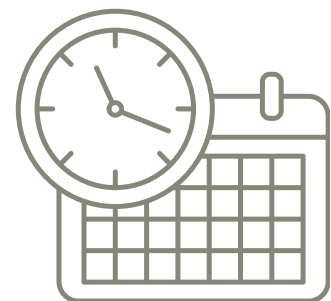
Explore different options:

There are numerous physical activities to choose from, so take the time to explore various options. Experiment with different activities to discover what resonates with you. Some popular options include walking, jogging, swimming, dancing, hiking, yoga, kickboxing or joining a sports team. Find activities that match your interests and make you excited to participate.

Consider time and schedule: Take into account your daily schedule and find time for physical activities.

Determine when it is most convenient for you to engage in exercise, whether it's in the morning, after school, or in the evening. Be realistic about

the duration and frequency of your workouts, ensuring they fit well within your routine.



Set realistic and measurable goals:

Establish realistic and measurable goals to track your progress and stay motivated. For example, you could aim to increase the number of steps you take each day, improve your running distance, or achieve specific strength or flexibility targets. Setting goals helps you stay focused and provides a sense of accomplishment as you achieve them.

Mix it up:

Avoid falling into a monotonous routine by incorporating a variety of physical activities. This not only prevents boredom but also ensures that you engage different muscle groups and obtain a well-rounded fitness experience. Alternate between cardiovascular exercises, strength training, flexibility work, and recreational activities to keep things interesting.

Find a workout friend or join a group:

Consider finding a workout buddy or joining a group or club that shares your fitness interests. Exercising with others can provide motivation, support, and accountability. It can also make physical activities more enjoyable and help you establish lasting friendships.

Listen to your body and rest:

Pay attention to your body's signals and allow for adequate rest and recovery. Pushing yourself too hard without proper rest can lead to injuries and burnout. Incorporate rest days into your routine, and if you experience pain or discomfort during exercise, consult a healthcare professional.

Designing physical activities that suit your lifestyle is essential for maintaining an active and healthy routine. By identifying your interests, exploring different options, considering your schedule, setting realistic goals, mixing up your activities, finding support through workout buddies or groups, and listening to your body, you can create a fitness plan that is enjoyable, sustainable, and beneficial for your overall well-being. Remember, the key is to find activities that you genuinely enjoy and that can seamlessly integrate into your daily life.

Acknowledgements

CIKLO START SKOPJE, along with their nutrition specialist Veronika Minov, took the lead in formulating the document on teenagers' nutrition and healthy eating.

We express our sincere appreciation to the dedicated project partners who played pivotal roles:

- Association for Fitness and Sport Activities "Lagerta" - Serbia
- Sports Dance Association "Pirouette" - Serbia
- CIKLO START SKOPJE - North Macedonia
- Club Pitch & Putt Barcelona Teia - Spain
- Associacao Juvenil de Peniche - Portugal

The TeensActivity project, funded through the Erasmus+ program as a small collaborative partnership in sport, would not have been possible without the financial support from Erasmus+. We are grateful for the backing that made this initiative, aimed at fostering physical activity among teenage girls, a reality.



**Co-funded by
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