

**ADVOCATE****FOR FITNESS****Model**

Tanya is an active teen. Because she understands the benefits of physical activity, she also encourages her friends to become more active. Read Tanya's conversation with her friend Harry. How does Tanya persuade Harry to improve his health?

**HARRY:** How do you manage to be so active? I never seem to have the time.

**TANYA:** It's not as hard as it seems. I try to get in an hour every day, but it doesn't have to be all at once. If I walk to school and back, that's 40 minutes right there. Then I can fit in the other 20 minutes after school.

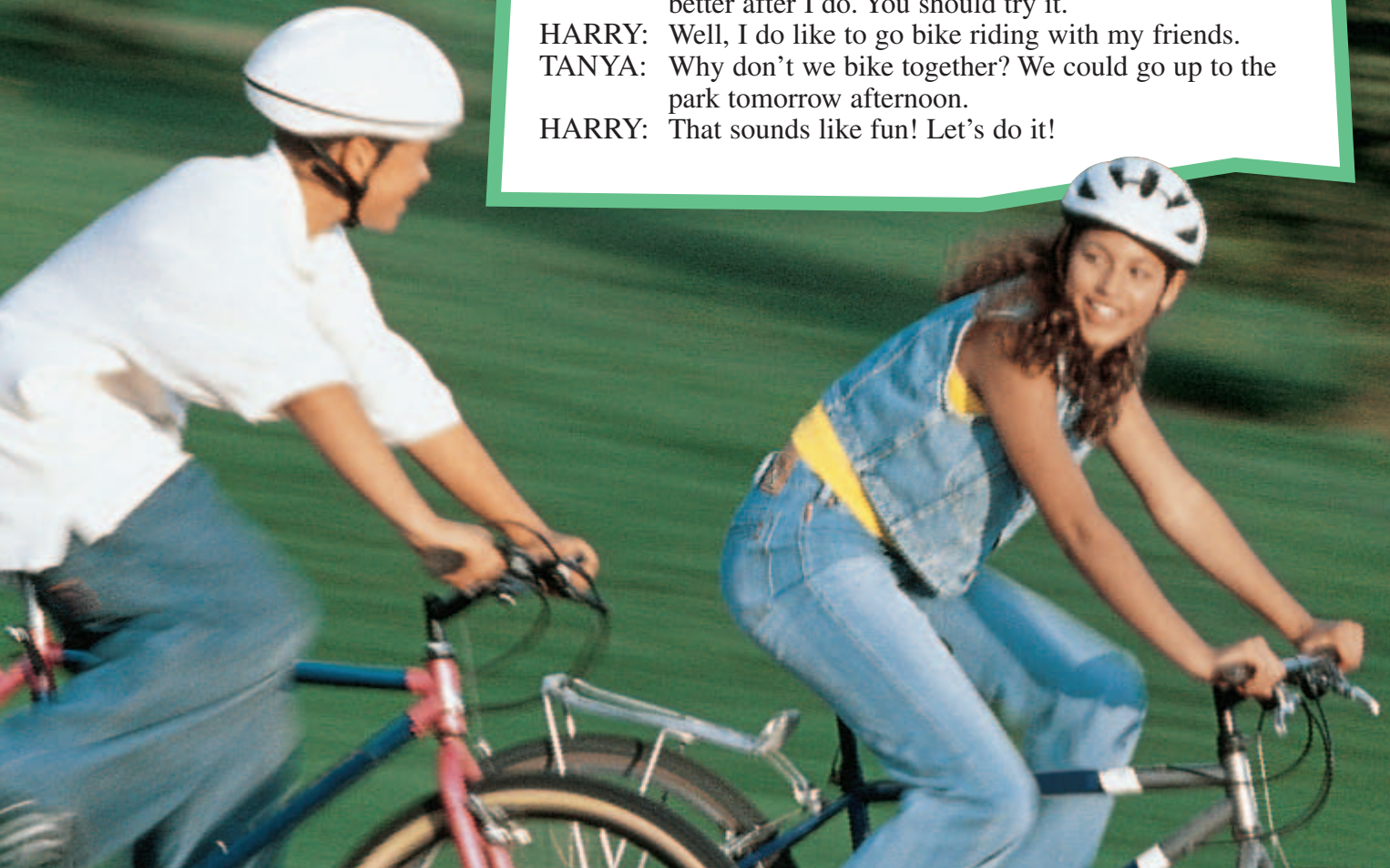
**HARRY:** But doesn't it mean you have less time for having fun?

**TANYA:** But it is fun! I always do activities I enjoy. I can go for a bike ride after school, or play ball with my dad, or even do stretches while I'm watching TV. And even when I don't feel like exercising, I always feel better after I do. You should try it.

**HARRY:** Well, I do like to go bike riding with my friends.

**TANYA:** Why don't we bike together? We could go up to the park tomorrow afternoon.

**HARRY:** That sounds like fun! Let's do it!



## Practice

Like Tanya, you can promote good health by helping other teens become more active. Practice this skill with a small group of three or four students. Divide a sheet of paper into three columns. In the first column, list the benefits of physical activity. In the second column, list reasons teens might give for not being active. Finally, use the third column to list some possible responses to the arguments in column two.

1. What reasons did you think of for why some teens are inactive?
2. What responses did you think of that could help those teens become more active?
3. Why would knowing the benefits of physical activity help you convince more teens to be active?

## Apply/Assess

Now become a fitness advocate. Create an original T-shirt design that persuades teens to be more physically active. Choose one or more of the items from the list you created above to be the focus of your design. Your shirt could highlight the benefits of physical activity, or it could provide advice about how to become more active. You could even focus on teens' excuses for being inactive, then counter those arguments in a clever way. You can use words, pictures, or both to communicate your idea. If you wish, you can create separate designs for the front and back of the shirt. Draw your design on a sheet of newsprint. Sketch out your idea first in pencil before drawing the final version with markers.



## Advocacy

Using the skill of advocacy means you

- take a clear stand on an issue.
- persuade others to make healthy choices.
- are convincing.

## Self-Check

- Did my shirt design include information about the benefits of physical activity or about ways to become more active?
- Did I create a message that would convince other teens to be more physically active?