



HEALTHY GUIDE FOR TEENAGERS

Hey guys! To add onto my “You and The World” project for my english class, I wanted to help teenagers stay fit.

I want to tell teenagers (and who ever else is reading) about easy exercises and meals to keep them in shape; and prevent them from experiencing obesity.

Meal	Ingredients	How To	Why Is it Healthy?
Vegetable Frittata	8 whole eggs, 1 cup chopped onions, peppers, mushrooms, oil spray	Beat eggs. Add ingredients. Set stove to medium heat. Pour mixture and swirl in pan. Fold frittata in half. Serve.	The eggs and vegetables are packed with vital nutrients and protein.
Bean Burrito	4 small whole-wheat tortillas, 2 cups fat-free beans, 2 cups of shredded cheddar cheese, 1 cup mild or medium salsa	Spread tortilla with beans and sprinkle shredded cheese. Microwave for 30 seconds on high. Top it with salsa. Serve.	Its high in protein and rich in fiber!
Chicken Caesar Salad	16 cups romaine lettuce, 4 cooked chicken breasts, 1 cup shredded parmesan, 1 cup croutons, 3/4 of fat-free caesar dressing	Tear romaine into bite-sized pieces. Cut the chicken into pieces and add to romaine. Add the parmesan cheese and croutons, and toss in dressing. Serve.	It has lean proteins and servings of vegetables.

Simple Things To Do To Keep You Fit:

You don't need a gym membership or exercising equipment to stay in shape! You can just...

- Walk
- Run
- Bike
- Play a sport
- Push Ups
- Crunches
- Sit Ups
- Pull Ups
- Climb Stairs

