



Tips for Creating Your Own Move Your Way® Teen Video

The Move Your Way® campaign encourages everyone to get the physical activity they need to be healthy. And **we need your help** to reach teens in your community!

Use this guide to spread the word about the benefits of physical activity using the Move Your Way campaign. Record a video about your favorite way to move and share it on social media — then encourage your friends and classmates to get active and share videos, too!

Start the conversation

Not sure how to talk about physical activity? Take these key ideas and make them your own! Feel free to use these as a starting point for what you say in your video, or anywhere else you talk about Move Your Way.

Talk about how much activity teens need and how to get it

- It's healthy for teens to get **at least 60 minutes** of physical activity a day. You don't have to get it all at once — and everything from hiking to organized sports counts.
- You can fit activity into what you're already doing. Do squats while you're brushing your teeth. Run up the stairs in your house or apartment building. Walk or wheelchair walk around the block while you talk on the phone. **It all adds up.**

Explain why being active is important

- **Physical activity can help you feel better!** Being active can boost your mood and help with symptoms of anxiety and depression.
- Feeling tired in class? Getting active can **help you sleep better** at night — and **boost your energy** during the day.

Encourage other teens to find activities they really enjoy

- Some people love playing on teams, and some are into more solo activities like skateboarding or running. **Lots of things count as activity** — so do what works for you.
- **Being active can be a way to express yourself** and do what makes you feel good. Try dancing to your favorite music, or do some yoga to clear your head.

Share your own experiences to motivate others

- I feel better when I'm active — and [add your favorite activity here] is my favorite way to move. Find an activity you love so you can **get your 60**.
- When I'm active I feel [add how activity makes you feel better]. And there's an activity out there for everyone — so **find an activity you love** and start feeling better today!

Create your own video

Lead by example — create your own video about why and how you get active. Then encourage your friends and followers to post their own videos. Getting even 1 person to join in will make a real difference!

Here are a few tips to keep in mind:

- Try to use at least 1 of the key ideas above in the audio or caption
- Talk about why and how you like getting active
- Make sure to use the hashtags #MoveYourWay and #GetYour60
- Post your video on TikTok, Instagram, YouTube, or Snapchat

If you're looking for inspiration, check out the official Move Your Way teen videos at: health.gov/MoveYourWay/TeenVideos

And remember to **be yourself!** Your video will have the biggest impact when it shows who you really are.



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