



EXERCISE

IS GOOD FOR YOU!

- Implementing exercise into your teen's/young adult's daily routine is important, since scheduling exercise makes it easier for them to enjoy and actually complete exercise. Scheduled fitness classes, joining a team for a sport that is TS-friendly, or including more active chores like walking a dog are ways to help develop an exercise/fitness schedule.
- Help them keep track of their exercise and their emotions while exercising, by having them write in an exercise journal.
- Help your teen/young adult set small, achievable goals related to their physical activity of choice.
- Whenever your teen/young adult needs a boost of motivation or accomplishes a goal, use positive reinforcement to push them forward.
- Consider having your teen/young adult become a member of an online exercise community. This can help motivate them to be active and make new friends.
- If your teen/young adult becomes a member of a sports team, don't over-emphasize the sport's competitive aspect. This way, they can stay focused on the overall benefits of exercise in sports with less pressure.
- Be proactive about bringing up exercise with your healthcare providers. That way, you can both be clear on any limits and on appropriate goals for your teen/young adult.



Books

Turner Syndrome: Across the Lifespan – a book written for girls with Turner Syndrome and their families serving as a comprehensive guide for those who wish to learn more about TS

A Lifetime of Advocacy: What Individuals and Families Living with Turner Syndrome Need to Know –

a guide for families and individuals living with Turner Syndrome to learn how and when to advocate for services over one's lifetime

Nonverbal Learning Disabilities: A Guide to School Success for Middle/High School – shares the experiences of three professionals who work with students with NLD in a variety of settings, focusing on the successes, not the limitations, of these students

These books and more available in the shop at:
www.TurnerSyndromeFoundation.org

KEEP MOVING!

WALK TOGETHER
DRINK WATER
GET YOUR SLEEP
BE POSITIVE!

