

Fitness Plan Worksheets

Exercise is good for you in many different ways. It can help you maintain a healthy weight and boost your overall energy level. Regular exercise lowers stress and anxiety and helps improve your mood.

Exercise can and should be fun. Knowing the health benefits of exercise will help you get started. The worksheets in this section will help you figure out what motivates you (or gets you to exercise), which types of activities you'll enjoy most, and how to fit them into your life.

PCOS TIP: Talk to your health care provider about managing your PCOS. Most young women with PCOS need to take medication, even with good nutrition and exercise. If you have more questions about PCOS and nutrition, ask your health care provider about talking to a registered dietitian who has experience in working with teens with PCOS.