

**BOYS INTO MEN: STAYING HEALTHY THROUGH THE
TEEN YEARS**

Jeannette Saulsbury

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What are the most prevalent sports injuries for male teenagers? How should a guy protect himself from injury or disease while enjoying outdoor activities?.

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Related Video Shorts 0 Upload your video. But as a teenager, there are some things you should pay special attention to. Always use your seat belt.

This can damage your hearing for the rest of your life. Cancer and heart disease are uncommon, but can affect you at this age. Learn habits and systems to boost your willpower, and thrive your way to success!

Make it a habit now, and prevent tooth and gum problems in adulthood. How should a guy protect himself from injury or disease while enjoying outdoor activities?