Debunking Medical Myths: Impacts Bone Development In Children & Adolescents

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IMPACTS BONE DEVELOPMENT IN CHILDREN & ADOLESCENTS

FORM & SUPERVISION ARE KEY

Although lifting weights can be dangerous, if they are used properly they can significantly improve bone development in kids.²

JUMP IN!

Jumping has been shown to improve bone density. Whatever activity you choose, make sure YOU are having fun!¹

IMPACT OF WEIGHT-BEARING ACTIVITY ON GIRLS

Weight-bearing activity performed for more than 3 days per week increases bone density and strength in the lower back and legs of growing girls.³

This type of activity may improve bone health prior to adulthood and help prevent osteoporosis later in life.³

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