



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Bone-Strengthening

Bone-strengthening activities produce a **force on the bones** of the body that **promotes bone growth and strength**. This force is commonly produced by **impact with the ground**. Running, jumping rope, basketball, soccer, tennis, and hopscotch are all examples of bone-strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle strengthening. As part of their **60 minutes** or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least **3 days a week**.

### Bone-Strengthening Activities

- *Hopping, skipping, jumping*
- *Jumping rope*
- *Walking & Running*
- *Sports that involve jumping or rapid change in direction like soccer, basketball, volleyball, gymnastics and tennis*



## PREVIEW

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### What about swimming and biking?

**Swimming**, which is good for your heart and other muscles, isn't the best choice for building bones. Ever notice how you feel a lot lighter in a pool? Water cuts down on the pull of gravity, so your bones don't really get a good workout. **Biking** is also not an activity that's best for your bones. Just like water, the bike is actually doing the work for you. These activities are fun, though, and good for your health! Just make sure you mix in some best-for-bones activities too.



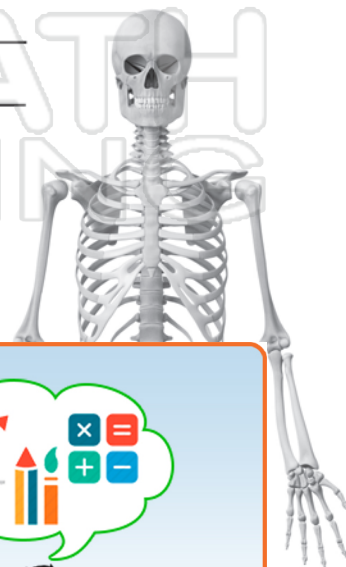


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## Bone-Strengthening

List Bone-Strengthening Activities

- \_\_\_\_\_
- \_\_\_\_\_



### PREVIEW

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What about biking?