

# *Benefits of Weight Bearing Activities for Children*

## *What is Weight Bearing?*

Weight bearing is when a person places some or all of their own body weight through a certain part of their body such as an arm or leg. Some examples of weight bearing are: leaning through your arm while side sitting, standing on one or two feet, using your arms to push off a chair to stand up.

## *How do weight bearing activities help my child?*

These activities can help strengthen their muscles and improve joint and bone integrity as well as increase their coordination and balance for everyday activities. Weight bearing activities can also reduce tone and improve range of motion and sensory awareness of your child's affected arm or leg. By actively using their arms or legs, these activities will help decrease the development of nonuse of their affected side.

## *Activities Ideas:*

- \* **Crawling on all four's (Animal Walks)**
- \* **Side Sitting when watching TV**
- \* **Push/Pulling a box of toys**
- \* **Holding Yoga Positions**
- \* **Planking with straight arms or on elbows**
- \* **Hanging on monkey bars or jungle gyms**
- \* **Climbing on playground equipment**
- \* **Pushing a grocery cart or wheel barrel**
- \* **Operating a vacuum cleaner**

