



Name _____ Class _____ Date _____



Muscle-Strengthening

Muscle-strengthening activities make muscles do **more work than usual** during activities of daily life. This is called **overload**, and strengthens the muscles. Muscle-strengthening activities can be **unstructured** and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Or they can be **structured**, such as lifting weights or working with resistance bands.

Muscle Strengthening Activities

- Games such as tug of war
- Resistance exercises using body weight, resistance bands, weight machines, hand-held weights
- Rope or tree climbing
- Climbing on playground equipment
- Some forms of yoga



PREVIEW

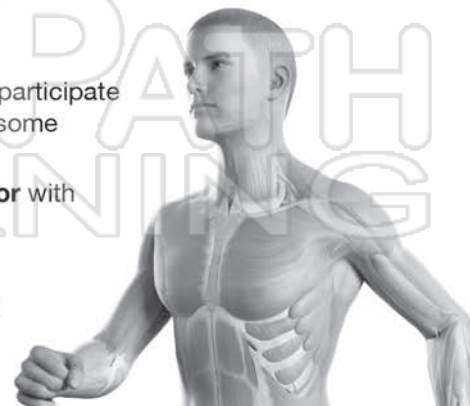
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Benefits of Strength Training

American youth vary in their **physical activity participation**. Some do not participate at all, others participate in enough activity to meet the key guidelines, and some exceed the key guidelines.

One practical strategy to **promote activity** is to replace **sedentary behavior** with activity whenever possible. Where appropriate and safe:

- *walk or bicycle to school or the bus stop instead of riding in a car*
- *participate in age-appropriate sports or games instead of watching sporting events on television*





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Muscle-Strengthening

List Muscle Strengthening Activities

- _____
- _____



PREVIEW

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