



Children and Resistance Training

Built2News #3

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The argument of whether resistance training is safe for children has gone on for decades. Recent evidence has demonstrated that resistance training and calisthenics training (using own body weight) in children is safe, when given appropriate cuing and supervision (1,2).

Resistance training appears to be especially useful for children who are considered overweight or obese (1,2). Resistance training has been shown to have significant benefits on physical and psychological health for children (1,2).

Some of these benefits include (1,2,3):

- Decreased body mass
- Decreased risk of cardiovascular disease
- Decreased risk of injury
- Improved muscle strength
- Improved power development
- Psychological benefits (such as confidence and positive body image)
- Improved overall body composition (BMI, hip circumference and skin folds)

How can we achieve this at Built2Move?

At Built2Move, we strive towards ensuring children have fun during their sessions, while also achieving their needs. Majority of our sessions are strength focused. This can incorporate body weight, resistance equipment, balance and stability exercises. Each exercise session is individually designed to suit the individual needs of our client.

Go to the next page to see one of our many success stories!

Client Success Story!



Quote from Mother of the 3 boys seen in the photos:

"Extensive research shows regular participation in exercise helps to manage anxiety. Exercise increases those feel good brain chemicals and lowers those stress chemicals.

The great news is exercise has been clinically and scientifically proven to lower anxiety and associated behaviours. Exercise is frequently used as an effective treatment method to manage anxiety and improve focus, helping my kids learn.

In most sessions we focus on developing cardiovascular fitness, core strength, coordination and balance. The benefits of having an Exercise Physiologist work with my kids is that he corrects their technique, motivates them and prescribes a large variety of exercises to meet their sensory needs using a range of exercise equipment."

References:

1. Ten Hoor G, Plasqui G, Ruiters R, Kremers S, Rutten G, Schols A et al. A new direction in psychology and health: Resistance exercise training for obese children and adolescents. *Psychology & Health*. 2015;31(1):1-8.
2. Shaw I, E Boshoff V, Coetzee S, Shaw B. Efficacy of Home-Based Callisthenic Resistance Training on Cardiovascular Disease Risk in Overweight Compared to Normal Weight Preadolescents. *Asian Journal of Sports Medicine*. 2020;12(1).
3. Bebič-Philip M, Thornton A, Reid S, Wright K, Furzer B. Adaptation of the Resistance Training Skills Battery for Use in Children Across the Motor Proficiency Spectrum. *Pediatric Exercise Science*. 2016;28(3):473-480.