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**Kids and Weight Training: When Should They Start?**

**By Raymond Kelly**

Kids and Weight Training: When Should They Start?

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Weight training and exercise in general can be very beneficial to all children. It increases bone density, increases strength, and improves muscular coordination. In the past many people had concerns about children and exercise but now we are much better informed.

What age should they start?

This is more of an ethical question. A child can start training with weights at any age, but the real question is: should they? Providing they have a well-designed program and constant supervision by a qualified trainer they will achieve benefits from weight training. But before you do start your child with weights consider what they are trying to achieve.

- If it is to improve their sport, then you will find that concentrating more on the skills of the sport, rather than strength will usually provide faster improvements.
- If you are looking to build muscle and strength, then it's no good starting them with weights until they start producing testosterone. This is usually between 14-17 years.

Making Weight Training Safe for Kids Make sure your child has a positive experience with exercise by following these guidelines:

- All equipment should be safe and inspected regularly for defects.
- Training equipment should be located in an uncrowded area.
- The child must have the emotional maturity to follow instructions relating to technique and safety.

## Kids and Weight Training: When Should They Start?

- There must be adequate supervision of the child by an experienced and registered Trainer to ensure correct technique is used.
- Training should start with a thorough warm-up and finished with a thorough cool-down.
- No weight should be added to the exercise until the child can perform it with correct technique.
- Full range of motion must be performed on all exercises. If this cannot be done then the weight is too heavy.
- No maximum lifts or competitions should be attempted.
- Full body programs are advised. These should be done 2–3 times per week.
- The child should perform 2–3 sets of 10–15 repetitions.
- The weight should only be increased when the child can perform 15 repetitions with correct technique.
- Make It Fun!!!!

Ray has worked extensively in the health and fitness industry for over 15 years. He has a degree in Exercise Science and is a Level 2 Strength and Conditioning coach.

<http://www.free-online-health.com>

## **Follow the Path of MOST Resistance! Why Weight Training Is The Fast Track To Sculpting Your Body**

**By Nick Nilsson**

Resistance is NOT futile! When it comes to changing your body for the better quickly and permanently, nothing comes close to good old-fashioned weight training.

The shape of your body is determined by three things: muscle, bone and fat. While there's really nothing you can do about changing your bone structure, there is a whole lot you can do about muscle and fat. This ratio of muscle to fat is commonly known as your body composition.

And what is the fastest way to change your body composition? Weight training. Why is it so effective? Because it builds muscle.

Muscle is the key to changing your body. While fat certainly gives your body shape, muscle is what gives you the shape you actually WANT!

## Kids and Weight Training: When Should They Start?

One of the greatest things about muscle is that it burns calories all day long, even when you're lying on the couch. What this means is that the more muscle you have, the more calories you'll burn during the day and the more you'll be able to eat without gaining weight. Sound interesting? There's more.

Weight training stimulates your metabolism more than aerobic training such as cycling or walking. This means that you'll continue to burn calories long AFTER you've completed your weight training session. The calorie-burning effect of aerobic training generally declines rapidly once you stop the exercise.

Beginning trainers, who are just starting with exercise, are often under the impression that they should stay away from weight training because they might gain weight before they start losing it.

I like to use a car as an analogy. Imagine your body is a car, your muscles are the cylinders in the engine, and your bodyfat is the gas.

With a four-cylinder car, you only burn a minimum amount of gas/fat. Weight training and building more muscle is the equivalent of putting more cylinders into your engine. As you can imagine, you'll burn a whole lot more gas even while idling! And, just like a car with more cylinders, you'll be a lot more powerful too!

The bottom line to you is this...with more muscle, you'll get greater fat loss with less effort.

While it certainly is a possibility that you could gain weight before losing it, if you gauge your success solely by numbers on a scale then you're not getting an accurate picture of yourself. Measure your progress by how you feel, how you look and how well your clothes are fitting, not by which direction the needle on a measuring device is moving.

At the end of the day, I'm not suggesting for a moment that you should eliminate cardiovascular training from your exercise routine, but, if you are struggling to lose fat and keep it off, weight training may be just the thing you need to lose that fat and keep it off for good!

For more information on resistance exercises you can do at home, go to:

<http://www.fitstep.com/Library/Begin/exercises.htm>

For more information on weight training exercises you can do at the gym, including optimized exercise technique, tricks for improving the exercise and common errors, go to:

<http://www.fitstep.com/Library/Exercises/Exercises.htm>

If you are interested in having a personal trainer set up a personalized weight training program for you based on your goals and designed around your life, go to:

<http://www.fitstep.com/Personal-training/Training/Training.htm>

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company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

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Increase Your Training Intensity – Negative Repetitions  
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Weight Lifting Supplement  
Basic Dog Training

Understanding Acne: Causes, Cures and Myths  
Gag Gifting.  
The Alphabet of Birds  
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