

Other Forms of Physical Activity

Additional forms of activity to consider include bone-strengthening activity and flexibility.



Bone-strengthening Activity



Bone-strengthening activity is also known as weight-bearing or weight-loading activity and refers to **movement** that produces force on the bones and promotes bone strength and growth. These forces are commonly produced by impact with the ground.

This category overlaps with both aerobic and muscle-strengthening activity.

Examples include:

- Running
- Walking
- Jumping jacks
- Muscle-strengthening activity



Flexibility

Flexibility activities, also known as stretching, refer to movements done to enhance the ability of a joint to move through its full range of motion. These activities are performed with the intention of increasing flexibility to allow for greater ease

when doing activities that require more flexibility. When stretching, it is recommended to stretch to the point of feeling tightness or slight discomfort for 10 to 30 seconds.

A well-rounded physical-activity program includes a **variety** of activities, and it's important to find ones you enjoy, then do them as often as you can. Consistency is the key to long-term success with any physical-activity program.