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| **Search String: Kids AND “Weight Lifting”** | |
| **Search Engine** | **Top Five Results** |
| Google |  |
| www.google.com | [Kids & Weightlifting: How Young is Too Young? | BoxLife ...](http://boxlifemagazine.com/kids-weightlifting-how-young-is-too-young/)  boxlifemagazine.com/**kids**-**weightlifting**-how-young-is-too-young/  Jan 20, 2015 - So, in other words, strength training for **children** helps to create a more powerful connection between their nervous system and their muscles. Even with all the benefits that **weightlifting** can have on a child's development, there is still caution as to what weights **kids** can handle at different ages. |
|  | [Strength training: OK for kids? - Mayo Clinic](http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/strength-training/art-20047758)  www.mayoclinic.org/healthy-lifestyle/.../art-20047758  Mayo Clinic  For **kids**, light resistance and controlled movements are best — with a special emphasis on proper technique and safety. Your child can do many strength training exercises with his or her own body weight or inexpensive resistance tubing. Free weights and machine weights are other options. |
|  | [Strength Training Is Good for Kids - Here's How To Do It ...](http://breakingmuscle.com/family-kids/strength-training-is-good-for-kids-heres-how-to-do-it)  breakingmuscle.com/...**kids**/strength-training-is-good-for-**kids**-heres-how...  Just as a lot of women are afraid **weightlifting** will make them bulky, adults often fear that strength training is unsafe for **kids**. As a parent, I understand these ... |
|  | [Weight Training For Children: What You Need To Know!](http://www.bodybuilding.com/fun/drobson38.htm)  www.bodybuilding.com/fun/drobson38.htm  Bodybuilding.com  Apr 28, 2009 - Should **children** under the age of thirteen train with weights? Learn the truth and ... Relative safety of **weightlifting** and weight training. Journal of  ... |
|  | [Kids & Weightlifting: Dispelling The Myths - CrossFit](https://assets.crossfit.com/pdfs/seminars/SMERefs/Kids/CFKKidsWeightLiftingFeb2008.pdf)  https://assets.crossfit.com/pdfs/.../**Kids**/CFK**KidsWeightLifting**Feb2008.p...  ISSUE TWENTY SEVEN Forging the Future Of Fitness FEBRUARY 15th, 2008. **Kids** &**Weightlifting**: Dispelling The Myths. Jeff Martin & Cyndi Rodi ... |
| www.bing.com | [****Kids****’ Weight Training Programs: Guidelines for Building ...](http://www.webmd.com/parenting/features/is-weight-training-safe-for-kids) **www.webmd.com**/parenting/features/is-weight-training-safe-for-**kids**  **WebMD** Feature Archive. Is **strength training** safe **for children** and teens? Will it help them stay fit, compete in sports -- or will it hamper their growth and pose an ... |
|  | [****Weight Training For Children****: What You Need To Know!](http://www.bodybuilding.com/fun/drobson38.htm) **www.bodybuilding.com** › … › [Workouts](http://www.bodybuilding.com/fun/bbmaintrain.htm) › [Age and Gender](http://www.bodybuilding.com/fun/workout/age-gender.html)  **Weight Training For Children**: What You Need To Know! ... rather than focusing on anything even remotely connected to **weight-lifting**, bodybuilding or power-lifting. |
|  | [****Strength training****: OK for ****kids****? - ****Mayo Clinic****](http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/strength-training/art-20047758) **www.mayoclinic.org** › … › [Tween and teen health](http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/basics/tween-and-teen-health/hlv-20049436) › [In-Depth](http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/HLV-20049436)  **Strength training** offers **kids** many benefits, but there are important caveats to keep in mind. Here's what you need to know about youth **strength training**. |
|  | [****Weightlifting**** and ****Kids**** by Dr. Jon Gary - ****CrossFit Journal****](http://journal.crossfit.com/2011/03/kidsweightlifting.tpl) journal.crossfit.com/2011/03/**kidsweightlifting**.tpl  Mar 09, 2011 · The **CrossFit Journal** is an advertising-free digital publication dedicated to functional fitness. Hundreds of articles document the tenets of the CrossFit ... |
|  | [****Strength Training**** and Your Child - ****KidsHealth****](http://kidshealth.org/parent/nutrition_center/staying_fit/strength_training.html) **kidshealth.org**/.../nutrition\_center/staying\_fit/**strength\_training**.html  With a properly designed and supervised program, **strength training** can be a fun way for**kids** to build healthy muscles, joints, and bones. |
| www.yahoo.com | [Is Weight Training Safe for Kids? - WebMD](http://www.webmd.com/parenting/features/is-weight-training-safe-for-kids" \t "_blank) www.webmd.com/.../features/is-**weight**-training-safe-for-**kids**  WebMD Feature Archive. Is strength training safe **for children** and teens? Will it help them stay fit, compete in sports -- or will it hamper their growth and pose an ... |
|  | [Weight Training For Children: What You Need To Know!](http://www.bodybuilding.com/fun/drobson38.htm" \t "_blank) www.bodybuilding.com/fun/drobson38.htm  Weight Training **For Children**: What You Need To Know! ... rather than focusing on anything even remotely connected to **weight-lifting**, bodybuilding or power-lifting. |
|  | [Weightlifting and Kids by Dr. Jon Gary - CrossFit Journal](http://journal.crossfit.com/2011/03/kidsweightlifting.tpl" \t "_blank) journal.crossfit.com/2011/03/**kidsweightlifting**.tpl  The CrossFit Journal is an advertising-free digital publication dedicated to functional fitness. Hundreds of articles document the tenets of the CrossFit ... |
|  | [Strength training: OK for kids? - Mayo Clinic](http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/strength-training/art-20047758" \t "_blank) www.mayoclinic.org/.../strength-training/art-20047758  Strength training offers **kids** many benefits, but there are important caveats to keep in mind. Here's what you need to know about youth strength training. |
|  | [Should kids be lifting weights? | Fox News](http://www.foxnews.com/health/2013/10/04/should-kids-be-lifting-weights.html" \t "_blank) www.foxnews.com/.../04/should-**kids**-be-**lift**ing-**weights**.html  Should **kids** be lifting **weights**? Published October 04, 2013. Reuters. Facebook 0 Twitter 0 Email Print. Resistance training is good for **kids**, but needs to ... |
| www.webcrawler.com | **[Kids](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ru=http%3a%2f%2fwww.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ap=1&coi=1494&cop=main-title&npp=1&p=0&pp=0&ep=1&mid=9&hash=72EB37F0CC99E76057D265692564F82A" \t "_blank)**[’](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ru=http%3a%2f%2fwww.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ap=1&coi=1494&cop=main-title&npp=1&p=0&pp=0&ep=1&mid=9&hash=72EB37F0CC99E76057D265692564F82A" \t "_blank)**[Weight](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ru=http%3a%2f%2fwww.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ap=1&coi=1494&cop=main-title&npp=1&p=0&pp=0&ep=1&mid=9&hash=72EB37F0CC99E76057D265692564F82A" \t "_blank)**[Training Programs: Guidelines for Building ...](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ru=http%3a%2f%2fwww.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ap=1&coi=1494&cop=main-title&npp=1&p=0&pp=0&ep=1&mid=9&hash=72EB37F0CC99E76057D265692564F82A" \t "_blank)  www.webmd.com/…res/is-**weight**-training-safe-for-**kids**  WebMD Feature Archive. Is strength training safe for children **and** teens? Will it help them stay fit, compete in sports -- or will it hamper their growth **and** pose an ... |
|  | **[Weight](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.bodybuilding.com%2ffun%2fdrobson38.htm&ru=http%3a%2f%2fwww.bodybuilding.com%2ffun%2fdrobson38.htm&ap=2&coi=1494&cop=main-title&npp=2&p=0&pp=0&ep=2&mid=9&hash=5700C5594D74F1A0A9453BAE7049E2ED" \t "_blank)**[Training For Children: What You Need To Know!](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.bodybuilding.com%2ffun%2fdrobson38.htm&ru=http%3a%2f%2fwww.bodybuilding.com%2ffun%2fdrobson38.htm&ap=2&coi=1494&cop=main-title&npp=2&p=0&pp=0&ep=2&mid=9&hash=5700C5594D74F1A0A9453BAE7049E2ED" \t "_blank)  www.bodybuilding.com/fun/drobson38.htm  **Weight** Training For Children: What You Need To Know! ... rather than focusing on anything even remotely connected to **weight**-**lifting**, bodybuilding or power-**lifting**. |
|  | [Strength training: OK for](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.mayoclinic.org%2f...%2fin-depth%2fstrength-training%2fart-20047758&ru=http%3a%2f%2fwww.mayoclinic.org%2fhealthy-lifestyle%2ftween-and-teen-health%2fin-depth%2fstrength-training%2fart-20047758&ap=3&coi=1494&cop=main-title&npp=3&p=0&pp=0&ep=3&mid=9&hash=F51736D4B85FECFD3E924BB68B229AC1" \t "_blank)**[kids](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.mayoclinic.org%2f...%2fin-depth%2fstrength-training%2fart-20047758&ru=http%3a%2f%2fwww.mayoclinic.org%2fhealthy-lifestyle%2ftween-and-teen-health%2fin-depth%2fstrength-training%2fart-20047758&ap=3&coi=1494&cop=main-title&npp=3&p=0&pp=0&ep=3&mid=9&hash=F51736D4B85FECFD3E924BB68B229AC1" \t "_blank)**[? - Mayo Clinic](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.mayoclinic.org%2f...%2fin-depth%2fstrength-training%2fart-20047758&ru=http%3a%2f%2fwww.mayoclinic.org%2fhealthy-lifestyle%2ftween-and-teen-health%2fin-depth%2fstrength-training%2fart-20047758&ap=3&coi=1494&cop=main-title&npp=3&p=0&pp=0&ep=3&mid=9&hash=F51736D4B85FECFD3E924BB68B229AC1" \t "_blank)  www.mayoclinic.org/…/strength-training/art-20047758  Strength training offers **kids** many benefits, but there are important caveats to keep in mind. Here's what you need to know about youth strength training. |
|  | [Strength Training](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=kidshealth.org%2f...%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ru=http%3a%2f%2fkidshealth.org%2fparent%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ap=4&coi=1494&cop=main-title&npp=4&p=0&pp=0&ep=4&mid=9&hash=4A624F3CAC35F9F961614B97C90FBA87" \t "_blank)**[and](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=kidshealth.org%2f...%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ru=http%3a%2f%2fkidshealth.org%2fparent%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ap=4&coi=1494&cop=main-title&npp=4&p=0&pp=0&ep=4&mid=9&hash=4A624F3CAC35F9F961614B97C90FBA87" \t "_blank)**[Your Child - KidsHealth](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=kidshealth.org%2f...%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ru=http%3a%2f%2fkidshealth.org%2fparent%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ap=4&coi=1494&cop=main-title&npp=4&p=0&pp=0&ep=4&mid=9&hash=4A624F3CAC35F9F961614B97C90FBA87" \t "_blank)  kidshealth.org/…/staying\_fit/strength\_training.html  With a properly designed **and** supervised program, strength training can be a fun way for **kids** to build healthy muscles, joints, **and** bones. |
|  | [Should](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=08FE8C66818C22B0B01881C2A1F5C66A" \t "_blank)**[kids](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=08FE8C66818C22B0B01881C2A1F5C66A" \t "_blank)**[be](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=08FE8C66818C22B0B01881C2A1F5C66A" \t "_blank)**[lifting](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=08FE8C66818C22B0B01881C2A1F5C66A" \t "_blank)****[weights](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=08FE8C66818C22B0B01881C2A1F5C66A" \t "_blank)**[? | Fox News](http://ccs.webcrawler.com/ClickHandler.ashx?ld=20160127&app=1&c=info.wbcrwl&s=webcrawler&rc=info.wbcrwl&dc=&euip=99.42.116.147&pvaid=b01116c41f44445bb1f7e46289d48687&dt=Desktop&sid=733632038.1455235983790.1453908901&vid=733632038.1455235983790.1453908901.1&fcoi=417&fcop=topnav&fct.uid=27f7595a20314c87bcb8320a46786743&fpid=27&en=3YDphat8DJ5oIXChIXc4DcsPch7bZx6tal5ydiwWTeyDFsSgCBNKf4Inb%2b18NPkr&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=08FE8C66818C22B0B01881C2A1F5C66A" \t "_blank)  www.foxnews.com/…hould-**kids**-be-**lifting**-**weights**.html  Should **kids** be **lifting** **weights**? Published October 04, 2013. Reuters. Facebook 0 Twitter 0 Email Print. Resistance training is good for **kids**, but needs to ... |
| www.dogpile.com | [Kids’ Weight Training Programs: Guidelines for Building ...](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=www.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ru=http%3a%2f%2fwww.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ap=1&coi=1494&cop=main-title&npp=1&p=0&pp=0&ep=1&mid=9&hash=6709B7F500BB2CD79BA7C100A074A452" \t "_blank)  [www.webmd.com/…res/is-weight-training-safe-for-kids](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=www.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ru=http%3a%2f%2fwww.webmd.com%2fparenting%2ffeatures%2fis-weight-training-safe-for-kids&ap=1&coi=1494&cop=main-title&npp=1&p=0&pp=0&ep=1&mid=9&hash=6709B7F500BB2CD79BA7C100A074A452" \t "_blank)  WebMD Feature Archive. Is strength training safe for children and teens? Will it help them stay fit, compete in sports -- or will it hamper their growth and pose an ... |
|  | [Weight Training For Children: What You Need To Know!](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=www.bodybuilding.com%2ffun%2fdrobson38.htm&ru=http%3a%2f%2fwww.bodybuilding.com%2ffun%2fdrobson38.htm&ap=2&coi=1494&cop=main-title&npp=2&p=0&pp=0&ep=2&mid=9&hash=9D0E631346EECF07559E692C389F61A2" \t "_blank)  [www.bodybuilding.com/fun/drobson38.htm](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=www.bodybuilding.com%2ffun%2fdrobson38.htm&ru=http%3a%2f%2fwww.bodybuilding.com%2ffun%2fdrobson38.htm&ap=2&coi=1494&cop=main-title&npp=2&p=0&pp=0&ep=2&mid=9&hash=9D0E631346EECF07559E692C389F61A2" \t "_blank)  Weight Training For Children: What You Need To Know! ... rather than focusing on anything even remotely connected to weight-lifting, bodybuilding or power-lifting. |
|  | [Strength training: OK for kids? - Mayo Clinic](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=www.mayoclinic.org%2f...%2fin-depth%2fstrength-training%2fart-20047758&ru=http%3a%2f%2fwww.mayoclinic.org%2fhealthy-lifestyle%2ftween-and-teen-health%2fin-depth%2fstrength-training%2fart-20047758&ap=3&coi=1494&cop=main-title&npp=3&p=0&pp=0&ep=3&mid=9&hash=56E37DCE6855D52843B5515135E12138" \t "_blank)  [www.mayoclinic.org/…/strength-training/art-20047758](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=www.mayoclinic.org%2f...%2fin-depth%2fstrength-training%2fart-20047758&ru=http%3a%2f%2fwww.mayoclinic.org%2fhealthy-lifestyle%2ftween-and-teen-health%2fin-depth%2fstrength-training%2fart-20047758&ap=3&coi=1494&cop=main-title&npp=3&p=0&pp=0&ep=3&mid=9&hash=56E37DCE6855D52843B5515135E12138" \t "_blank)  Strength training offers kids many benefits, but there are important caveats to keep in mind. Here's what you need to know about youth strength training. |
|  | [Strength Training and Your Child - KidsHealth](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=kidshealth.org%2f...%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ru=http%3a%2f%2fkidshealth.org%2fparent%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ap=4&coi=1494&cop=main-title&npp=4&p=0&pp=0&ep=4&mid=9&hash=913A65CAE688C5AB56EC00230E4E98CE" \t "_blank)  [kidshealth.org/…/staying\_fit/strength\_training.html](http://ccs.infospace.com/ClickHandler.ashx?ld=20160127&app=1&c=excite1b&s=excite&rc=excite1b&dc=&euip=99.42.116.147&pvaid=e8c9cc3fdb90472995662a294c5ce6ec&dt=Desktop&fct.uid=7577cbf960064cbe93b247f4e3534f06&en=g9myA%2bRU3S6YGY5CYAXZuVcARHaAmOOe5DkbG3O47Js%3d&du=kidshealth.org%2f...%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ru=http%3a%2f%2fkidshealth.org%2fparent%2fnutrition_center%2fstaying_fit%2fstrength_training.html&ap=4&coi=1494&cop=main-title&npp=4&p=0&pp=0&ep=4&mid=9&hash=913A65CAE688C5AB56EC00230E4E98CE" \t "_blank)  With a properly designed and supervised program, strength training can be a fun way for kids to build healthy muscles, joints, and bones. |
|  | [Should](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[kids](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[be](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[lifting](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)****[weights](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[? | Fox News](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)  [www.foxnews.com/…hould-](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[kids](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[-be-](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[lifting](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[-](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[weights](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)**[.html](http://ccs.dogpile.com/ClickHandler.ashx?ld=20160127&app=1&c=info.dogpl&s=Dogpile&rc=info.dogpl&dc=&euip=99.42.116.147&pvaid=5fc8e9dc0f324f41a6cb03afde681c61&dt=Desktop&sid=1830193568.1728692195980.1453909239&vid=1830193568.1728692195980.1453909239.1&fcoi=417&fcop=topnav&fct.uid=4b3163d8831249449ff1582e8d2150dc&fpid=27&en=0WEFU%2fZhSoTF%2fFm%2bpLeuVl4UPZzISdzyg%2baGYj7N8ISb7M1aTnzzgA%3d%3d&du=www.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ru=http%3a%2f%2fwww.foxnews.com%2fhealth%2f2013%2f10%2f04%2fshould-kids-be-lifting-weights.html&ap=5&coi=1494&cop=main-title&npp=5&p=0&pp=0&ep=5&mid=9&hash=376167B7590C4BD24517A52C295311AC" \t "_blank)  Should **kids** be **lifting** **weights**? Published October 04, 2013. Reuters. Facebook 0 Twitter 0 Email Print. Resistance training is good for **kids**, but needs to ... |
| www.ixquick.com | [Should Kids Lift Weights?](http://pediatrics.about.com/od/weeklyquestion/a/0107_weightlift.htm" \t "_blank)https://ixquick.com/s/white/graphics/ixquick_retina_star.pnghttps://ixquick.com/s/white/graphics/ixquick_retina_star.png pediatrics.about.com/od/weeklyquestion/a/0107\_weightl...[Proxy](https://ixquick-proxy.com/do/proxy2?ep=&epile=4q6n41784r6n41784q6n63784r5638794r4335725n586o3q&edata=4e9490ceb41dc58ea714ee7f32979e26&ek=&ekdata=02f033fa0db24a403f1a4461e30ecd3c" \t "_blank)  [Highlight](https://ixquick-proxy.com/do/highlight.pl?l=english&c=hf&cat=web&q=Kids+AND+%22Weight+Lifting%22&rl=NONE&rid=LDLOPNTKTNMK112OVQISU&hlq=https://ixquick.com/do/asearch&mtabp=-1&mtcmd=process_search&mtlanguage=english&mthmb=1&mtpg=0&mtcat=web&mtengine0=v1all&mtnj=0&u=http:%2F%2Fpediatrics.about.com%2Fod%2Fweeklyquestion%2Fa%2F0107_weightlift.htm&mtrq=Kids+%22Weight+Lifting%22" \t "_blank)  When can kids get into weight lifting? My 11 year old son, who is very athletic, wants to begin lifting some free weights to help get more fit. |
|  | [Kids and Weight Lifting - FamilyEducation.com](http://life.familyeducation.com/sports/safety/42241.html" \t "_blank)https://ixquick.com/s/white/graphics/ixquick_retina_star.pnghttps://ixquick.com/s/white/graphics/ixquick_retina_star.png life.familyeducation.com/sports/safety/42241.html[Proxy](https://ixquick-proxy.com/do/proxy2?ep=&epile=4q6n41784r6n41784q6n63784r5638794r4335725n586o3q&edata=7e893852e53ed03e7b3996e2922f50fe&ek=&ekdata=4af4257bdcbbb347a6699d5ceddfca5d" \t "_blank)  [Highlight](https://ixquick-proxy.com/do/highlight.pl?l=english&c=hf&cat=web&q=Kids+AND+%22Weight+Lifting%22&rl=NONE&rid=LDLOPNTKTNMK112OVQISU&hlq=https://ixquick.com/do/asearch&mtabp=-1&mtcmd=process_search&mtlanguage=english&mthmb=1&mtpg=0&mtcat=web&mtengine0=v1all&mtnj=0&u=http:%2F%2Flife.familyeducation.com%2Fsports%2Fsafety%2F42241.html&mtrq=Kids+%22Weight+Lifting%22" \t "_blank)  Q: Our 11-year-old is interested in weight lifting. Is he too young to begin? If not, how much is too much? We don't want him to overdo it. A: When many of us think ... |
|  | [Kids And Weight Lifting: Is It Safe? | A Moment of Science ...](http://indianapublicmedia.org/amomentofscience/kids-and-weight-lifting/" \t "_blank)https://ixquick.com/s/white/graphics/ixquick_retina_star.pnghttps://ixquick.com/s/white/graphics/ixquick_retina_star.png www.indianapublicmedia.org/amomentofscience/kids-and-...[Proxy](https://ixquick-proxy.com/do/proxy2?ep=&epile=4q6n41784r6n41784q6n63784r5638794r4335725n586o3q&edata=69b394cf90e4863daa5fabca100dd2e8&ek=&ekdata=36ecbeeda2e75fff71fc65e700364efa" \t "_blank)  [Highlight](https://ixquick-proxy.com/do/highlight.pl?l=english&c=hf&cat=web&q=Kids+AND+%22Weight+Lifting%22&rl=NONE&rid=LDLOPNTKTNMK112OVQISU&hlq=https://ixquick.com/do/asearch&mtabp=-1&mtcmd=process_search&mtlanguage=english&mthmb=1&mtpg=0&mtcat=web&mtengine0=v1all&mtnj=0&u=http:%2F%2Findianapublicmedia.org%2Famomentofscience%2Fkids-and-weight-lifting%2F&mtrq=Kids+%22Weight+Lifting%22" \t "_blank)  Weight lifting or power lifting entails lifting as much weight at one time as possible. The rate of injury for kids with weight lifting is high as a result of poor training and/or poor form. |
|  | [Should Kids Lift Weights? - Men's Health](http://www.menshealth.com/fitness/should-kids-lift-weights" \t "_blank)https://ixquick.com/s/white/graphics/ixquick_retina_star.png www.menshealth.com/fitness/should-kids-lift-weights[Proxy](https://ixquick-proxy.com/do/proxy2?ep=&epile=4q6n41784r6n41784q6n63784r5638794r4335725n586o3q&edata=556c4766f4b0d46cc914087a4f8e994e&ek=&ekdata=2dad665e6a1ce6283560be4f396fb87b" \t "_blank)  [Highlight](https://ixquick-proxy.com/do/highlight.pl?l=english&c=hf&cat=web&q=Kids+AND+%22Weight+Lifting%22&rl=NONE&rid=LDLOPNTKTNMK112OVQISU&hlq=https://ixquick.com/do/asearch&mtabp=-1&mtcmd=process_search&mtlanguage=english&mthmb=1&mtpg=0&mtcat=web&mtengine0=v1all&mtnj=0&u=http:%2F%2Fwww.menshealth.com%2Ffitness%2Fshould-kids-lift-weights&mtrq=Kids+%22Weight+Lifting%22" \t "_blank)  Should Kids Lift Weights? By Cassie Shortsleeve Tuesday, July 31, 2012, ... 8 Weight-Lifting Fixes for More Muscle; The Exercise That Solves Upper Back Pain; |
|  | [Deep Pressure and Weight Lifting](http://www.suite101.com/content/deep-pressure-and-weight-lifting-a58786" \t "_blank)https://ixquick.com/s/white/graphics/ixquick_retina_star.png www.suite101.com/content/deep-pressure-and-weight-lif...[Proxy](https://ixquick-proxy.com/do/proxy2?ep=&epile=4q6n41784r6n41784q6n63784r5638794r4335725n586o3q&edata=c9701ca8d92d4d786fd6d645d12d64ec&ek=&ekdata=90a476ca19e0a10c177136c244eee2f0" \t "_blank)  [Highlight](https://ixquick-proxy.com/do/highlight.pl?l=english&c=hf&cat=web&q=Kids+AND+%22Weight+Lifting%22&rl=NONE&rid=LDLOPNTKTNMK112OVQISU&hlq=https://ixquick.com/do/asearch&mtabp=-1&mtcmd=process_search&mtlanguage=english&mthmb=1&mtpg=0&mtcat=web&mtengine0=v1all&mtnj=0&u=http:%2F%2Fwww.suite101.com%2Fcontent%2Fdeep-pressure-and-weight-lifting-a58786&mtrq=Kids+%22Weight+Lifting%22" \t "_blank)  Kids Crafts. Kids Products. Marriage. Parenting a Gifted Child. Parenting ... Use a bean bag chair for weight lifting and deep pressure sensory input. |