

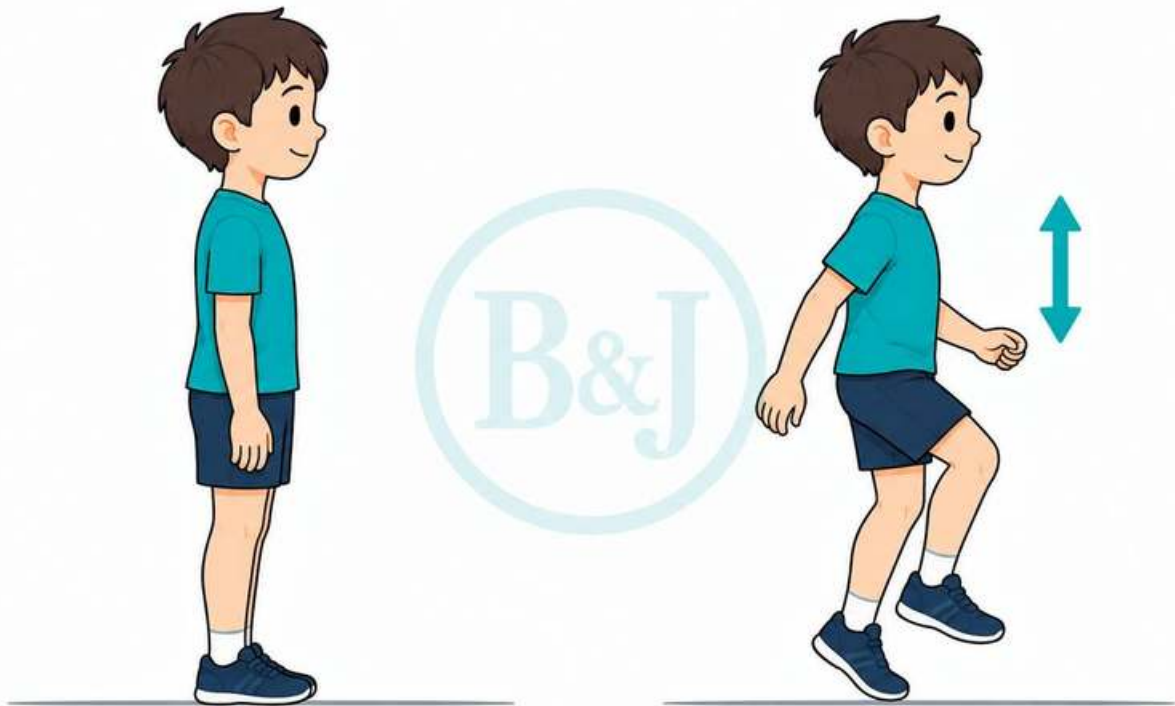
Strong bones — children and teenagers

Ages 6–18 · building peak bone strength



Three rules. Start lower and slower than you think you need to. Be regular rather than heroic — ten minutes on five days beats an hour on Sunday. Some ache during and shortly after is normal; pain that is worse the next morning means you did too much, so halve it — do not stop altogether.

1 Skipping in place



Stand tall, shoes on. Skip on the spot, lifting one knee at a time. Land lightly through the whole foot with the knee slightly bent — never on a locked straight leg.

1–5 minutes

Most days

✓ Should feel

Light, quiet landings

✗ Should not feel

A hard, jarring landing on a straight leg



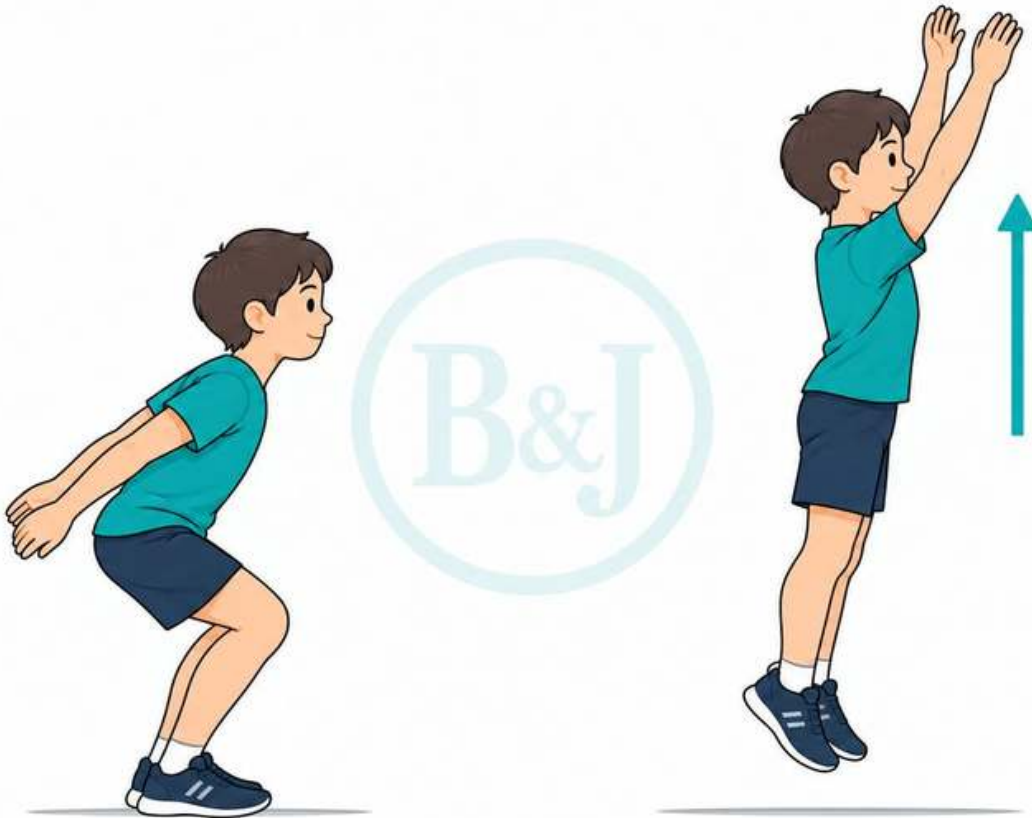
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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only



Feet hip-width apart. Dip at the knees and hips, swing the arms back, jump straight up, and land softly on both feet.

10 jumps

Rest 30 seconds, 3 times

✓ Should feel

A soft, quiet landing

✗ Should not feel

A loud, stiff landing — the knees are not bending



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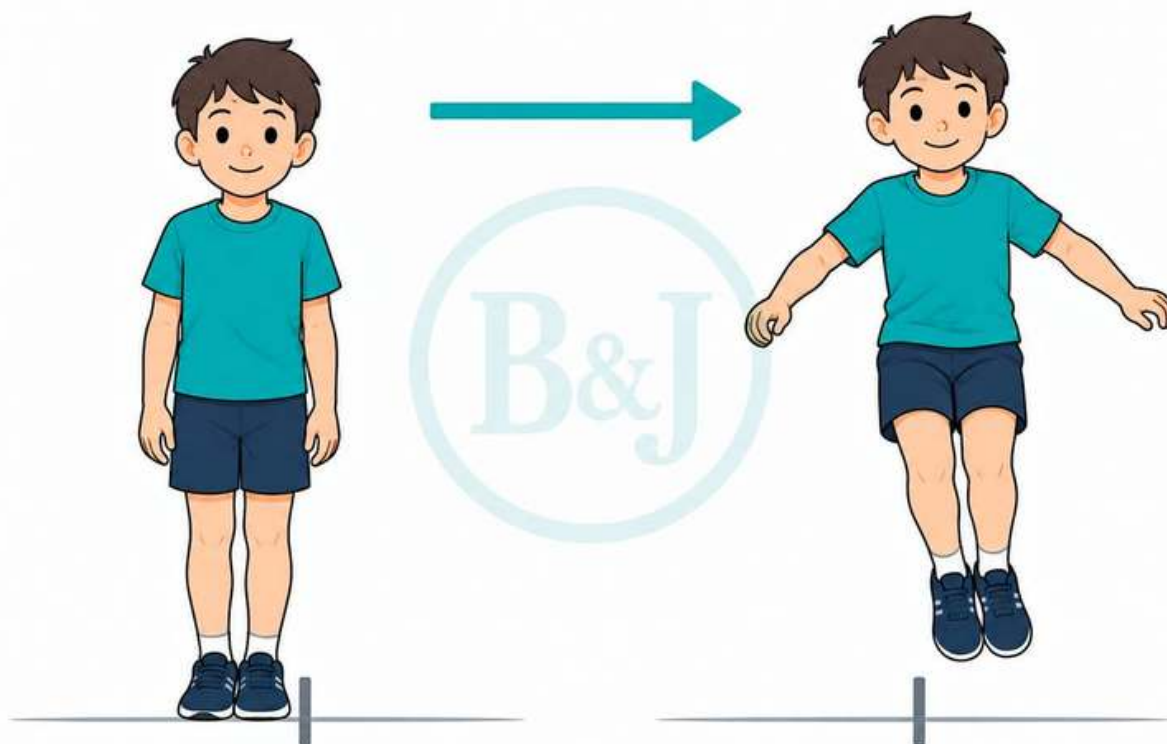
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3

Side-to-side jumps



Imagine a line on the floor. Jump sideways over it, landing softly on both feet, then jump straight back.

10 across and back

2–3 times

✓ Should feel

Knees pointing forward over the toes

✗ Should not feel

The knees falling inward



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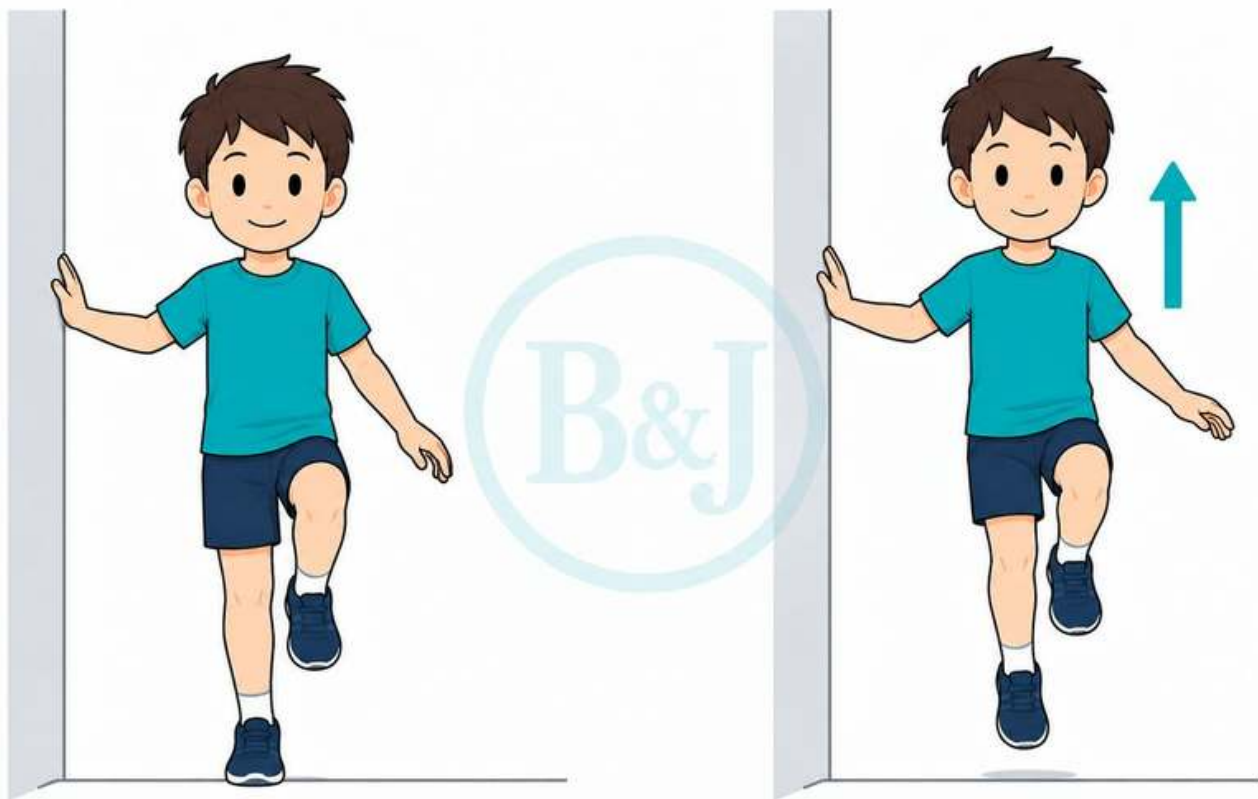
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4

Hop and freeze



Stand near a wall for light support. Hop forward on one leg, land softly, and hold still for three seconds without wobbling.

5–10 each leg

3 days a week

✓ Should feel

A steady, held landing

✗ Should not feel

Knee or ankle pain



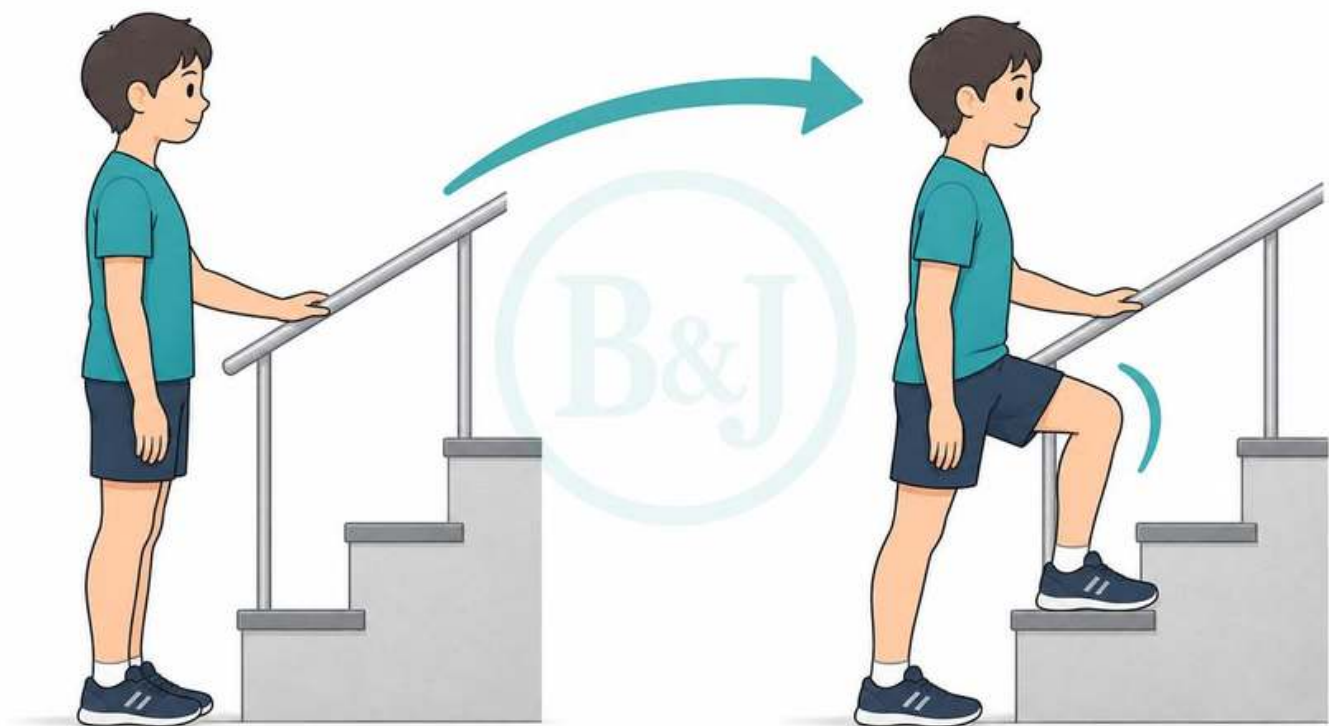
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Hold the handrail. Step up one stair at a time, pushing through the whole foot. Climb two flights, then walk down.

2 flights, 2–3 times

Most days

✓ **Should feel**

The legs working

✗ **Should not feel**

Running or jumping down stairs



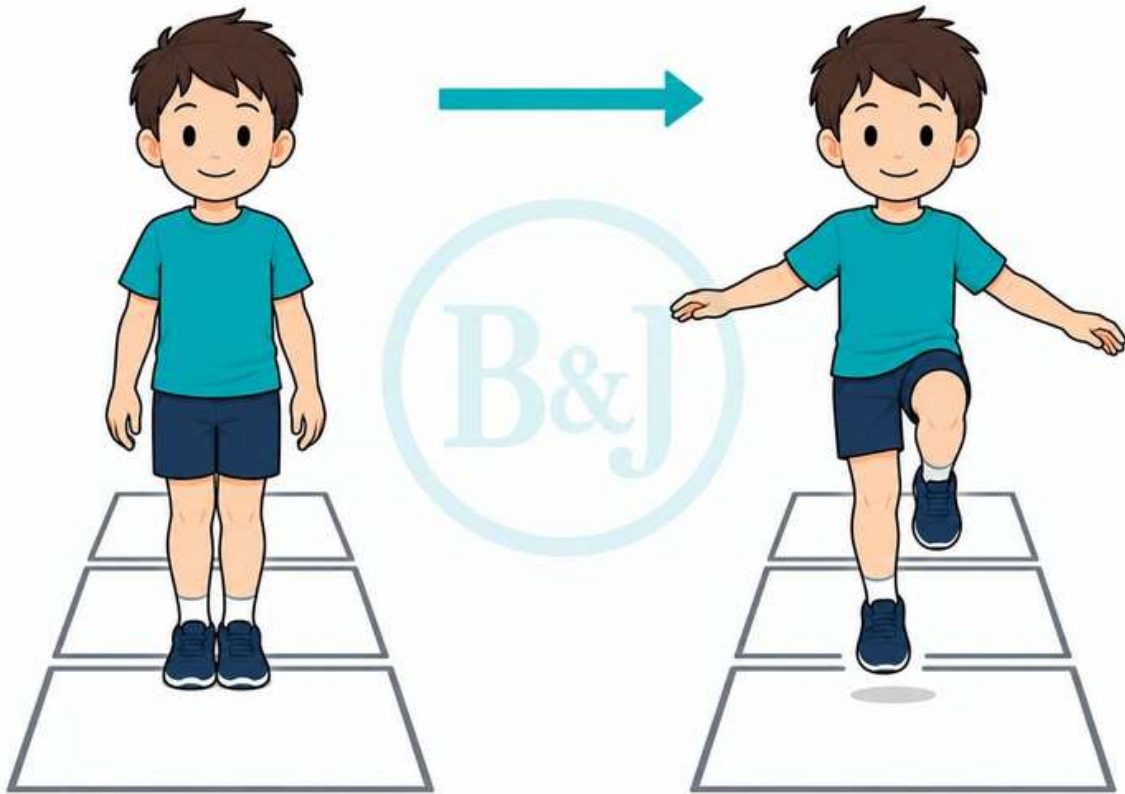
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Mark squares with chalk. Hop on one foot into single squares, land on two feet in the doubles, turn and come back.

5–10 minutes

As often as they like

✓ **Should feel**

Play, not exercise

✗ **Should not feel**

Bare feet, or a slippery surface

Stop and telephone us if

- **An exercise causes pain rather than effort**
- **You feel dizzy, unsteady, or you have a fall**
- **Chest pain or tightness, unusual breathlessness, or an irregular heartbeat — stop and seek advice**
- **Sudden sharp joint pain**



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