Monthly Tips:
Weight Bearing versus Non-Weight Bearing Exercise

Weight bearing exercise = exercise in which you are working against gravity and your body weight

Non weight bearing exercise = exercise in which your body weight is supported

Weight bearing exercise is important to increase bone density and joint strength and can help minimize your risk of fractures and developing osteoporosis.

Strain intensity, speed and frequency all play a role in helping to develop bone density. Exercises that can promote bone density include:

- Hiking
- Stair Running
- Jump roping (skipping)
- Weight Training
- Running

Non weight bearing exercise or low impact exercise is an important counter-part to weight bearing exercise. Putting too much strain on your joints and spine can be damaging, so non weight bearing exercise is fantastic cross-training to your more rigorous weight bearing exercise. Non weight bearing or low impact exercise is also great for rehabilitation from injuries or if you are looking to get back into exercise gently. It’s a way to get your heart rate up and get some aerobic exercise without putting much stress on your body! Good examples of non weight bearing or low impact exercise include:

- Deep water running
- Swimming
- Deep water aquafit
- Elliptical
- Stationary bike

Listen to your body and respect it’s limitations, but try and get out there and get moving as exercise is a key factor in maintaining physical, mental and emotional health!