

## Is Weightlifting at Young Age Really Bad?

A myth that has been in existence for a long time is that weightlifting is harmful to kids. This myth has denied young children the chance to build their muscles right from a young age. You can hardly find parents that will allow their children to lift weights at a young age.

Believe out there that weightlifting at a young age can cause stunted growth. Whether this is true or not, we will see.

Scientists have carried out a lot of research to ascertain whether there is any evidence to back up this claim. As of today, scientists believe that it is a myth and there is no harm in weightlifting for young children.

Arnold Schwarzenegger is a testament that weightlifting has a positive impact on young children. He started weightlifting at a very young age. With proper guidance, he was able to rise to the top and compete in the Olympics. The myth itself is around simply because there are huge possibilities and many cases in which injury from lifting weights cause growth stunt in human bodies. Humans have growth plates at the end of many bones that maintain length and regulate the shape of the bones as they grow. The growth plate is the last part of the bones to develop and mature, therefore, making them very prone to breakage/fracture. In the cases where children perform improper techniques while lifting, one mistake can injure their bones for good.

In 2010, Gretchen Reynolds published an article about this subject matter in the New York Times. In the first part of the article, he quoted a professor at New Jersey College who said that children and adolescents should not practice weightlifting. The Professor's argued that weightlifting results in short stature, epiphyseal plate, or growth plate damage.

Gretchen Reynolds argued that the professor's claim was investigated by scientists in Germany using information gathered for 60 years. He said the children involved in the research were between 6 to 18 years. He said the result showed that weightlifting at a young age is beneficial and not harmful to the body. It also increases muscular and bone strength making the child less susceptible to bone and tissue injuries.

In conclusion, here are some of the benefits of weightlifting for young children as stated by scientists.

1. Weightlifting increases muscle strength and endurance in children: This is one of the most important benefits of weightlifting for children and adults. Weightlifting if done properly will increase muscle strength.

2. Weightlifting protects the joints and muscles of young children from sports-related injuries.
3. Weightlifting improves children's performance in sports like football, skating, and soccer.
4. Weightlifting helps children to develop techniques that will be important as they grow older.
5. Weightlifting improves healthy blood pressure and cholesterol level.
6. Weightlifting helps to keep children's weight in check.
7. Weightlifting improves confidence and self-esteem in children.
8. Finally, weightlifting is fun. As soon as children show interest in weightlifting, take them to the gym. Do not deny children of their passion because of a myth that does not have any basis in science.