



A PERFECT BODY WITH A PERFECT FACE ?

With adolescent obesity becoming epidemic, it may be a welcome relief to see your teen put down the game controller and pick up some free weights. While regular exercise is a healthy habit at any age, one form of fitness training -- bodybuilding -- can be detrimental to a teen's health if practiced incorrectly.

Since adolescent (under age 16) bodies are still developing, stressing the skeletal frame with excessive weight can inhibit growth. Couple this with a restricted diet and nutritional supplements, and it can result in serious health complications with the potential for lasting consequences. To avoid the negative effects of bodybuilding but still encourage teens to exercise regularly, try to make them aware of the following facts and strategies. Pain does not equal gain

Attempting to follow the fitness regimen of experienced bodybuilders when you're young and just beginning to lift is completely counterintuitive. None of these people achieved their current strength and aesthetic overnight; teens are much better off reading about how these athletes began their training, and how they gradually augmented their lifting regimen to achieve their fitness goals.

Eat well, not restrictively!

Restricting caloric intake, loading up on protein, or eliminating carbohydrates can result in slowed growth and/or hormonal development.

Stay away from supplements!

As a developing teenager, hormone levels are high, and should not be artificially altered.

(Source : <http://www.healthline.com/health/dangers-teen-bodybuilding>)