



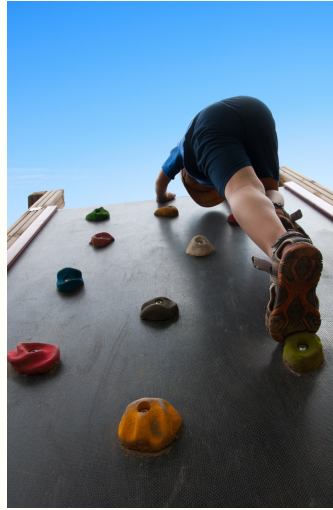
What Is It?

Heavy muscle work activities utilize our body's proprioceptive system. The proprioceptive system is an internal sense that comes from our muscles and joint receptors. This system helps us understand the physical boundaries of our bodies (i.e., my body is separate from your body); know where our body parts are positioned (i.e., arms above head, knees bent); plan our movements; learn new motor tasks through feedback; and use appropriate force or pressure during tasks. Doing heavy muscle work activities throughout the day can help a child achieve and maintain a calm and regulated state.



Sports and Activities

- Going for a walk or hike
- Running outside
- Push-ups/sit-ups
- Yoga/ pilates
- Lifting weights
- Rock climbing
- Swimming
- Horseback riding
- Roller skating
- Gymnastics
- Riding a bike or scooter
- Jumping rope
- Martial arts (i.e., Karate, Taekwondo)
- Using exercise equipment (i.e., elliptical, treadmill, bike)
- Team/individual sports (i.e, soccer, baseball, basketball, softball, hockey, wrestling)



Tips When Trying New Heavy Work Activities

- Pay attention to your child's response
- Discontinue if strategies are causing distress
- Consider your child's age and other sensory preferences
- Incorporate activities into daily routines

**Consult with your
occupational
therapist for an
individualized plan
to meet your
child's needs**

