

# weight-bearing activity *(weight-bearing-activity)*

## Definition

n. A physical activity in which you support your own weight, which helps to build and maintain strong bones.

## Example Sentence

Walking is a common **weight-bearing activity** that strengthens bones.

## More Example Sentences

Engaging in weight-bearing activities can prevent osteoporosis.

## Synonyms

exercise; workout; training

## Antonyms

sedentary; inactivity; rest

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)