



Osteoporosis... living a healthy lifestyle can help!

There are steps we can take to slow natural bone loss that occurs with aging and prevent bones from becoming weak.

Managing bone loss

As we age, our bones don't make new bone fast enough to keep up with the bone loss. The good news is there are steps we can take to slow natural bone loss that occurs with aging and prevent bones from becoming weak and brittle.

Exercise can strengthen bones

Regular physical activity of any type can help slow bone loss, improve muscle strength and help with balance.

Activities you can try:

- Dancing, running or walking
- Gardening or similar outdoor activities
- Hiking or climbing stairs
- Tennis or similar sport activities
- Tai Chi or yoga
- Lifting weights

Contact your provider to discuss your lifestyle habits today!

Proper nutrition

It's important to eat a diet rich in all nutrients to help protect and maintain bone health. Foods that include calcium, vitamin D, and protein help minimize bone loss and maintain overall health.

Did you know?

If you do not take in enough calcium, the body takes it from the bones, which can lead to bone loss.