

BUILD YOUR BODY

and your bones.

Bone is living tissue that responds to exercise by becoming stronger and denser. If you lead a life with little or no physical activity, it may contribute to lower bone mass.

A regular exercise program:

- Helps fight osteoporosis by maintaining bone strength
- Reduces the likelihood of falling by improving coordination, balance, and muscle strength
- Strengthens your heart and increases your stamina and energy level

Choose workouts that work for bone.

Two types of exercise can help build bone mass and density: weight-bearing exercise and resistance training.

Weight-bearing exercise

Weight-bearing exercises are those in which your bones and muscles work against gravity and your feet and legs bear your weight. These exercises include walking, jogging, tennis playing, dancing, low-impact aerobics, and using cross-country ski machines or stair-step machines. Thirty minutes of weight-bearing exercise 3 to 5 times a week can help maintain your bone density.

Resistance training

Resistance exercises (weight training) use muscular strength to improve muscle mass and strengthen bone. These exercises include weight lifting, which may be done with free weights or weight machines found at gyms and health clubs, and resistance band workouts.

Exercise caution.

Be sure to do the following when beginning a new exercise regimen:

- Check with your doctor or healthcare professional for any concerns or limitations, especially if you're considering weight training
- Make sure you have shoes that provide proper support and balance
- Consider starting out with an instructor/trainer to reduce your risk of injury. (The potential for injury is greater when you are adding resistance; working out with a trainer may reduce this risk)

Tip

Look for opportunities to exercise in daily activities: park farther away, take the stairs, or walk the dog.

Remember

Exercise is an important component of any osteoporosis prevention or treatment program, but it is not a substitute for osteoporosis medications and/or calcium supplementation in preventing bone loss in postmenopausal women.