

WAYS TO IMPROVE BONE HEALTH



Get Enough Calcium and Vitamin D Every Day

1. Try low-fat yogurt or Greek yogurt to add more calcium to your diet.
2. Include green vegetables that have calcium into recipes. Good choices are broccoli, bok choy, kale and turnip greens.
3. Try foods that have calcium and vitamin D added. Fortified juices, cereals, and milk alternatives like soymilk are some good choices.
4. Take a calcium supplement if you aren't getting enough calcium from foods, but don't take more calcium than you need.
5. Take a vitamin D supplement if you need one. Find out how much vitamin D you need for your age.

Do Weight-Bearing and Muscle-Strengthening Exercises

1. Take a brisk walk. Walking is good for bones.
2. Include muscle-strengthening (resistance) exercises in your workout by using a pair of light dumbbells or resistance bands.
3. Join a gym or sign up for a group exercise class.
4. Go dancing.
5. Try a new sport or activity such as tennis or hiking.

Keep Healthy Lifestyle Behaviors

1. Eat five or more fruits and vegetables every day.
2. If you smoke, quit! Work with your healthcare provider to find the right program for you.
3. Keep alcohol to less than three drinks a day.
4. Try not to eat too many salty or processed foods.
5. Learn about your personal risk factors for osteoporosis.

Talk to Your Doctor About Your Health

1. Make an appointment with your family doctor or other healthcare provider to talk about your bone health.
2. Bring a list of your bone health questions to your appointment and take notes.
3. Ask your healthcare provider if you need a bone density test.
4. Ask your healthcare provider about other tests you may need.
5. Work together with your healthcare provider to develop a plan to protect your bones.

Improve Your Balance and Prevent Falls

1. Do balance training exercises.
2. Fall proof your home.
3. Take a Tai Chi class.
4. Learn posture exercises.
5. Have your hearing and vision checked each year.