



# 35 Ways to Stay Bone Strong

*In Honor of our 35th Anniversary*, here are 35 ways you can protect your ability to live your best life and stay bone strong. Each box links to a fact, resource or action vetted by the leading authority on bone health, National Osteoporosis Foundation, to empower you to take care of your bones.

CLICK ON THE BOXES BELOW TO FIND OUT MORE:

- 1 Help raise awareness about bone health.
- 2 Get enough Calcium in your diet.  

- 3 Ask your doctor the right questions about your risk.
- 4 Move safely and prevent falls.  

- 5 Improve your knowledge about bone health.
- 6 Become an advocate for strong bones.  

- 7 Empower yourself and your friends by knowing the facts.
- 8 Donate \$35 to promote bone health.  

- 9 Fuel our mission—start your own fundraiser.
- 10 Eat the right foods to build and maintain good bones.
- 11 Join our Ambassadors Leadership Council.
- 12 Learn about advances in bone health.  

- 13 Choose or become a health care proxy.
- 14 Find out how calcium supplements help bone health.
- 15 Connect with our online community.  

- 16 Know if you or a loved one has osteoporosis.
- 17 Help us bust common myths about osteoporosis.
- 18 Learn the facts about osteoporosis.  

- 19 Find a recipe that fuels bone health.  

- 20 Donate \$35 to help educate healthcare providers.
- 21 Do weight-bearing exercises.  

- 22 Find out if it's a compression fracture or a pulled muscle.
- 23 Check out our podcast series, Bone Talk.
- 24 Eat foods rich in calcium.  

- 25 Maintain healthy habits to maintain healthy bones.
- 26 Find resources on caregiving for osteoporosis.
- 27 Learn how men need to reduce their risk.  

- 28 Find out what Medicare covers.  

- 29 Empower others with osteoporosis by sharing your story.
- 30 Download a pocket guide to osteoporosis.  

- 31 Find support on your osteoporosis journey.  

- 32 Find out about what causes Paget's disease.
- 33 Find a local healthcare provider who focuses on bone health.
- 34 Explore osteoporosis treatment options.  

- 35 Learn how to decrease your risk of breaking a bone.