

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.
- Include green vegetables that have calcium into recipes. Good choices are broccoli, bok choy, kale and turnip greens.
 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

- I. 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

- I. 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.