



December/January Support Group Leaders Curriculum

December

One thing we know about the 2020 holiday season is that mandated safety measures are at the top of everyone's list. Whether you stay home with your immediate family or travel with COVID restrictions top of mind, food is still a focal point of the festivities. With the most popular celebrations occurring toward the end of the week this year, NOF has some festive Bone Healthy Recipes for long-weekend fun.

Great Tasting Recipes with a “Good for You” Twist

Maintaining a healthful diet – rich in calcium and vitamin D – is one of the most effective ways to maintain bone health starting as a child and into adulthood. The recipes below are from the National Osteoporosis Foundation's (NOF's) *Food-for-Bones Cookbook*. They are packed with nutrients that have been shown to either support the building of healthy bones or slow down the rate of bone loss. NOF's selected these savory, delicious dishes because they are easy to prepare and can be served during multiple day parts. They are perfect for holiday brunch, lunch, dinner or whichever meal you plan double as a small celebration.

- Eggs, shredded zucchini and a variety of cheeses are baked until golden brown for a mouth-watering and satisfying brunch dish.
 - [Thick Frittata with Zucchini](#)
- Tuna tossed with cannellini beans, onion, garlic and fresh herbs is a flavorful, light lunch option.
 - [Bean and Tuna Salad with White Balsamic Vinegar](#)
- Seasoned with cumin, coriander and harissa, this highly nutritious and tangy hummus is best with toasted pita or raw vegetables.
 - [Chunky Hummus](#)
- Cheese and walnuts are stuffed into button mushrooms for a savory and sophisticated appetizer.
 - [Mushrooms Stuffed with Walnuts and Cheese](#)
- This Spanish empanada filling can be used for tacos, stuffed into green peppers or simply served over rice.
 - [Picadillo](#)
- Fresh cod, grape tomatoes, black olives and capers are sautéed in a skillet and drizzled with a squeeze of tangy, fresh lemon.
 - [Cod with Tomatoes and Black Olives](#)
- Often touted a super food, this simple beet salad will keep in the fridge for a week.
 - [Beet Salad](#)
- Sweet, savory with a bit of crunch, these Brussels sprouts are a cinch to make not to mention sinfully good.
 - [Maple Roasted Brussels Sprouts with Toasted Hazelnuts](#)

If you are interested in more bone-healthy recipes, the *Food-for-Bones Cookbook* is available for purchase at NOF's online store here <https://store.nof.org/products/food-for-bones-cookbook>.

Preventing Winter Falls

With the cold weather blanketing much of the country – whether you are shopping, running errands or traveling – it's imperative to protect yourself from outdoor falls. Visit <https://www.nof.org/patients/treatment/exercisesafe-movement/preventing-falls/> to learn practical, tried and true tips to help prevent falls which can be dangerous and debilitating.

January

The New Year is a time for re-charging your life by setting inspirational goals. Making resolutions when the clock strikes midnight often includes common, well-intentioned promises. According to today.yougov.com the most popular resolutions for 2020 were exercising more, saving money, eating healthy and losing weight. With exercise and healthy diet listed as top contenders, NOF recommends that in 2021 everyone makes a New Year's Resolution for Better Bone Health. Below is some vetted advice to get you started.

Eat Your Way to Good Bone Health

- Visit <https://www.nof.org/patients/treatment/nutrition/> to glean easily-digested information about food and your bones. You will quickly understand the critical importance of foods that are rich in calcium, vitamin D and other nutrients. Protecting your bone health by making changes to your diet will help pave the way for your overall strength and wellbeing beyond 2021.
- Check out [NOF's Calcium and Vitamin D Fact Sheet](#) – a primer packed with better bone health “To Dos”.

Keep Your Bones Fit

- In 2021, be bone strong! There are two types of osteoporosis exercises that are important for building and maintaining bone density: weight-bearing and muscle-strengthening exercises. Visit <https://www.nof.org/patients/treatment/exercisesafe-movement/> to learn more. You will be surprised at the breadth of activities you can work into your workout.
- Check out these [sample exercises](#) that promote good posture, strength, movement, flexibility and balance. Be sure to do them along with your weight-bearing routine.
- If you lean more toward yoga and Pilates, here are two flyers with safety front and center:
 - https://www.nof.org/wp-content/uploads/2016/06/Safe-Pilates_NOF-Flyer_BETZ.pdf
 - https://cdn.nof.org/wp-content/uploads/2016/06/Safe-Pilates_NOF-Flyer_BETZ.pdf

Be a Bone Strong Family

Be sure to include all of your family members in your bone healthy New Year's Resolutions. Keep in mind that childhood and young adulthood are the bone-building years. As kids grow, their bone mass increases until it reached peak bone mass – which is the greatest amount of bone one can attain. This is reached in late teens and early 20s. Learn more here: <https://www.nof.org/preventing-fractures/nutrition-for-bone-health/peak-bone-mass/>. Having higher peak bone mass reduces the risk of osteoporosis later in life.

Call to Action: Help Us Help You

- **Join NOF's Patient Registry**
[The Healthy Bones, Build Them for Life® Patient Registry](#), the first of its kind tool in the osteoporosis field, surveys patients and caregivers on an ongoing basis about how osteoporosis and low bone density impact their lives. This patient-reported information is collected anonymously, combined and analyzed by NOF to map out the patient journey. Please help NOF better help YOU by sharing your story so we can shape programs and campaigns with what patients need and want most. We have more than 900 participants thus far, help us get to 1,000!
- **NOF's Voices of Osteoporosis: Stories of Hope and Inspiration**
Our goal is to engage patients and caregivers to share their stories on living with osteoporosis with the goal of helping others. If you are interested in working with us on this project, please send an email to info@nof.org. Please include “Voices of Osteoporosis” in the lead of a short paragraph (100 words) about your experience.