

## **Your Guide to Strong Bones**

Osteoporosis is a disease that makes bones break easily with a minor event such as lifting, twisting, tripping, slipping, stumbling or falling. Most fractures due to Osteoporosis occur in the wrist, spine, shoulder and hip.

Broken Bones can be painful. Even after they heal you may not be strong. A broken hip is especially serious for older people, often leaving them disabled. Hips Fractures can even lead to death.

Good nutrition is important for strong bones. Eat a balanced diet from all four food groups to help keep bones strong and prevent fractures.

Vitamin D is essential in maintaining bone strength and stability. Health Canada recommends all adults over the age of 50 in Canada should take a Vitamin D supplement all year round. Ask your Health Care Provider for the right dose for you.

Calcium is important for bone health. It is best to get your calcium from food sources, such as milk, cheese, yogurt, calcium-fortified soy/almond/rice beverages and calcium-fortified orange juice.

Limit the amount of alcohol in your diet. Stop smoking.

Exercise to build Stability & Strength:

- **Balance and Stability:** Engage in Balance and functional training twice a week. Consider dynamic activities like Tai Chi and heel raises to enhance stability and minimize fall risks.
- **Muscle Strengthening:** Dedicate time to progressive resistance training twice a week. Include exercises like squats and lunges to bolster muscle strength and improve daily functionality.
- **Explore other activities:** Feel free to indulge in various activities such as walking, yoga, or Pilates, ensuring they are tailored for safety and comfort. Aim for 150 minutes of moderate to vigorous activities weekly. However, remember these should complement, not replace, your core exercises of balance and resistance training.

**Are you at Risk?** If you're over 50, talk to your Health Care Provider about your chances of breaking a bone. Each year, your Health Care Provider should check your height and discuss if you need a bone density test. You might need this test if you're over 70, had a break after age 40, a parent broke their hip, or you take a drug such as prednisone.

**Medications to Make Your Bones Stronger:** Sometimes good diet and exercise aren't enough to keep your bones strong and prevent fractures. You may need to take medication too. Talk to you doctor about what is best for you.