AgriLIFE EXTENSION
Texas A&M System

Invest in Your Bones
Daily Activities
Leaflet 3

Another osteoporosis prevention step to decrease your chances of fracturing your bones is to work daily physical activities into your lifestyle. Let's see how you can do that.

If you have osteoporosis, carefully follow the activity program set up by your physician and a physical therapist to decrease your chances of fractures. Daily activities should last at least 30 minutes, or 30–60 minutes 3–4 times per week to increase bone strength.

In general, weight-bearing exercise, which causes muscles to work against gravity, can help maintain bone strength as well as increasing flexibility and improving balance. An active lifestyle that includes physical activities will strengthen muscles, improve bone strength, prevent excessive weight gain, and decrease bone loss. Excellent weight-bearing exercises are:

- aerobics
- basketball
- dancing
- golf
- tennis
- raquetball
- baseball
- softball
- dancing
- skiing
- volleyball
- walking
- skating
- soccer
- weight training

Wear comfortable, low-heeled walking shoes; keep the floor uncluttered, and install hand rails or grab bars to prevent falls. Also, stay active to keep your bones younger for a life time. Help keep your independence as long as possible through your life-long investment in your bones.

Remember the following about osteoporosis:

- It is largely preventable and treatable.
- It is a serious, debilitating disease.
- It is affected by the onset of menopause.
- It inhibits independence.
- It affects 80 percent of U. S. women and 20 percent of U.S. men.

For additional information about daily activities and your investment in your bones, call the National Osteoporosis Foundation at (800) 223-9994, or see their website at: http://www.nof.org/prevention/calcium2.htm.

For additional information, contact your local county AgriLife Extension agent – Family and Consumer Sciences. Resources: Mary Kinney Bielamowicz, Ph.D., R.D., L.D., Regents Fellow, Professor & Extension Nutrition Specialist; and Sharon Francey Robinson, Ph.D., R.D., Associate Professor & Extension Nutrition Specialist; Nutrition & Food Science Department, Texas AgriLife Extension Service, Texas A&M System, College Station, Texas.