

Healthy Bones, Active Life

Your bones are living tissue. They're constantly being broken down and rebuilt, and the habits you build today affect how strong they'll be tomorrow.

Strong bones help you stay active, independent, and able to enjoy the people and activities you love.


Strong bones support the life you want to live today and tomorrow.

4 WAYS TO BUILD STRONG BONES



1 NOURISH YOUR BONES

Healthy eating gives your bones the nutrients they need to stay strong.

- Calcium-rich foods (dairy, leafy greens, fortified foods)
- Vitamin D supports calcium absorption
- Adequate protein
- Limit excess alcohol
- Stay hydrated



2 STRENGTHEN YOUR BONES

Weight-bearing exercise and resistance training encourage your bones to stay strong.

- Walking, hiking, dancing
- Climbing stairs
- Strength training
- Lifting weights or using resistance bands
- Gardening and yard work



3 PROTECT YOUR BALANCE

Good balance reduces your risk of falls and fractures.

- Practice balance exercises (tai chi, yoga)
- Wear supportive footwear
- Keep your home safe—remove tripping hazards
- Have your vision checked regularly



4 KNOW YOUR RISK

Some people have a higher risk for osteoporosis.

- Age, family history
- Certain medical conditions
- Some medications (steroids, etc.)
- Smoking
- Understanding your risk helps determine if a bone density test is right for you.



QUESTIONS FOR KAREN

-  Am I getting enough calcium and vitamin D?
-  Am I at risk for osteoporosis?
-  Would I benefit from a bone density test?



BONE HEALTH TAKEAWAY

-  NOURISH YOUR BONES.
-  STRENGTHEN YOUR BONES.
-  PROTECT YOUR BALANCE.
-  KNOW YOUR RISK.

Small steps today build strong bones for tomorrow. 

KAREN'S CORNER

Many people are surprised to learn that our bones are living tissue. Just like muscles, they respond to how we care for them. Healthy eating, staying active, maintaining good balance, and understanding your personal risk all play a role in keeping bones strong. It's never too early—or too late—to start taking care of your bones.

