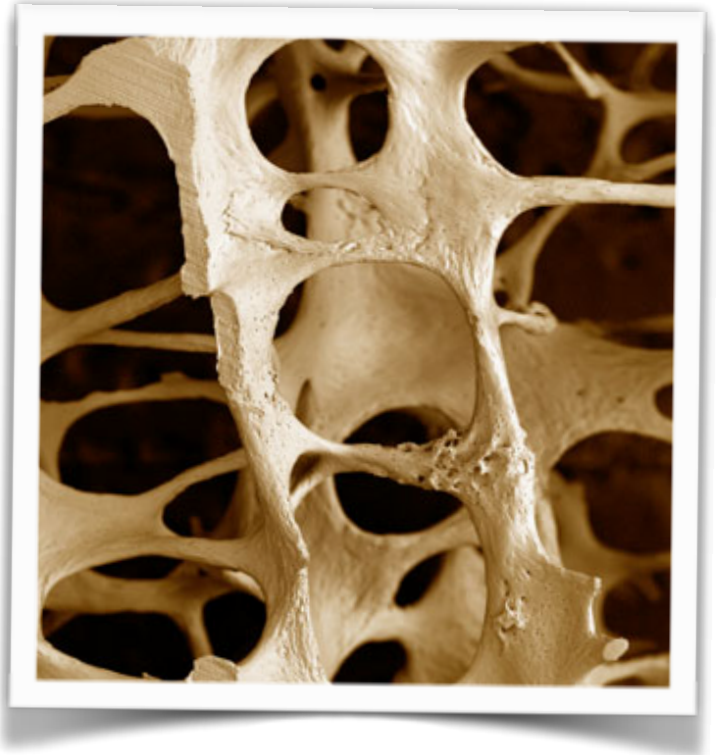


# EXERCISE AND OSTEOPOROSIS

Jacob Dickson, Personal Fitness Trainer

## Important Facts:

- *Nearly half of all women and a quarter of men over 50 will break a bone due to osteoporosis.*
- *By age 70, a woman can lose up to 30% of her bone density.*
- *Along with a balanced diet, exercise is of primary importance for building and maintaining bone mass and density.*



## Exercise Prescription:

- There are three equally important exercise prescriptions for dealing with osteoporosis: weight-bearing exercise, resistance training, and flexibility work.
- **Weight-Bearing:** Any exercise that involves your legs supporting your body weight. These activities gently load your bones and joints, and will result in bone density increases/maintenance over time. Examples include walking, jogging, dance, stair climbing, hiking. It's not important how vigorous it is, as long as its done consistently. While as little as 3 to 5 miles of walking per week will help, at least 30 minutes five times per week is recommended.
- **Resistance Training:** Lifting weights, using weight machines, rubber resistance tubing, etc. Talk to me (Jake) if you'd like me to set you up with an effective resistance routine for bone density.
- **Flexibility Work:** Can include active (self) stretching or passive (trainer-assisted) stretching. Maintaining joint mobility is important for avoiding injuries caused by osteoporosis.