



## 25 Ways to Improve Your Bone Health

<p><b>Get Enough Calcium and Vitamin D Every Day</b></p>	<ol style="list-style-type: none"> <li>1. Try low-fat yogurt or Greek yogurt to add more calcium to your diet.</li> <li>2. Include green vegetables that have calcium in your recipes. Good choices are broccoli, bok choy, kale and turnip greens.</li> <li>3. Try foods that have calcium and vitamin D added. Fortified juices, cereals, and milk alternatives like soymilk are some good choices.</li> <li>4. Take a calcium supplement if you aren't getting enough calcium from foods, but don't take more calcium than you need.</li> <li>5. Take a vitamin D supplement if you need one. Find out how much vitamin D you need for your age.</li> </ol>
<p><b>Do Weight-Bearing and Muscle-Strengthening Exercises</b></p>	<ol style="list-style-type: none"> <li>1. Take a brisk walk. Walking is good for bones.</li> <li>2. Include muscle-strengthening (resistance) exercises in your workout by using a pair of light dumbbells or resistance bands.</li> <li>3. Join a gym or sign up for a group exercise class.</li> <li>4. Go dancing.</li> <li>5. Try a new sport or activity such as tennis or hiking.</li> </ol>
<p><b>Keep Healthy Lifestyle Behaviors</b></p>	<ol style="list-style-type: none"> <li>1. Eat five or more fruits and vegetables every day.</li> <li>2. If you smoke, quit! Work with your healthcare provider to find the right program for you.</li> <li>3. Keep alcohol to less than three drinks a day.</li> <li>4. Try not to eat too many salty or processed foods.</li> <li>5. Learn about your personal risk factors for osteoporosis.</li> </ol>
<p><b>Talk to Your Doctor About Your Bone Health</b></p>	<ol style="list-style-type: none"> <li>1. Make an appointment with your family doctor or other healthcare provider to talk about your bone health.</li> <li>2. Bring a list of your bone health questions to your appointment and take notes.</li> <li>3. Ask your healthcare provider if you need a bone density test.</li> <li>4. Ask your healthcare provider about other tests you may need.</li> <li>5. Work together with your healthcare provider to develop a plan to protect your bones.</li> </ol>
<p><b>Improve Your Balance and Prevent Falls</b></p>	<ol style="list-style-type: none"> <li>1. Do balance training exercises.</li> <li>2. Fall proof your home.</li> <li>3. Take a Tai Chi class.</li> <li>4. Learn posture exercises.</li> <li>5. Have your hearing and vision checked each year.</li> </ol>