

OSTEOPOROSIS PREVENTION

Building strong bones is a journey. Embracing habits that support bone health is essential at every stage of life.



Osteoporosis

Osteoporosis is a condition where bones become weak and lose density, making them more likely to break. While some risk factors for osteoporosis are beyond our control, others can be modified with healthy lifestyle habits.

Nutrition



Getting the daily required amounts of bone-building nutrients, like calcium and vitamin D, is essential for preventing osteoporosis.

Vitamin

D

Adults up to age 70 need **600 IU (15 µg)** per day. Older adults need 800 IU (20 µg).

Calcium

Ca

Women aged 19–50 and men aged 19–70 need **1,000 mg** per day. Older adults need 1,200 mg.

Physical Activity



Regular physical activity is an important part of building and maintaining strong bones. Exercise also promotes muscle strength and mobility, which can help prevent falls. Guidelines recommend:



Balance Exercises: Activities, like Tai Chi, yoga or heel-to-toe walks, that strengthen the muscles responsible for stability, coordination and posture.

Frequency: 2+ times per week



Muscle-Strengthening Exercises: Activities, like squats, pushups and lunges, that improve muscle strength by working against resistance.

Frequency: 2+ times per week



Weight-Bearing Exercises: Activities, like running, walking or playing tennis, where you support your body weight against gravity.

Frequency: 150 minutes per week

Exposure



Smoking and **alcohol consumption**

both contribute to bone loss by impairing the function of bone-building cells, decreasing calcium and vitamin D absorption, and disrupting hormones needed for bone health.

Avoiding (or quitting) smoking and alcohol can help prevent osteoporosis and keep our bones strong and healthy as we age.