

# JUNE WELLNESS

## BONE HEALTH



Healthy bones are an important component of overall well-being. Strong bones support our bodies and movements, and they decrease the chance of fractures. People of all ages can incorporate healthy lifestyle habits, such as physical activity and good nutrition, to increase bone strength.

The basic preventive measures for increasing bone health are: ensuring adequate calcium and vitamin D intake, participating in weight-bearing exercise and following safety tips to prevent falls.

There are some risk factors for weakened bones that are out of your control. Some of these factors include age, sex, family history and some medical conditions. However, there are many risk factors that you can take control of to enhance your bone health. Some of the actions you can take to increase bone health include:

- Eat foods with calcium. Calcium-rich foods include: milk, cheese, yogurt, tofu, fortified oatmeal, soybeans and orange juice fortified with calcium. For additional foods, click the list below to see a chart, including the amount of calcium in each food.
- Get enough vitamin D. Vitamin D is important because it helps with the absorption of calcium. Vitamin D can be found in some foods, sunshine or supplements. (Talk with your doctor before taking supplements.)
- Get weight-bearing exercise in order to keep bones strong.
- Stay at a weight that is healthy for you. Being underweight increases the chance of bone loss and fractures.
- Practice healthy habits such as not smoking and limiting alcohol. Smoking and heavy alcohol use can both have negative effects on bone health.

Along with the above tips for maintaining healthy bones, it is also important to prevent falls as a means for reducing the risk of breaking bones. Some suggestions for preventing falls include:

- Participate in regular exercise. Exercise strengthens your muscles and bones, and some forms of exercise also help with balance and coordination.
- Stay current with your eye exams to ensure healthy vision.
- Examine your home for ways in which you can prevent falls. Implement ideas such as: grab bars in your bathroom, removing small area rugs, using nonslip mats in the shower and clearing pathways from items you may trip on.

For additional recommendations on home safety and lifestyle habits; as well as much more information on the bone health, click here:

**[The Surgeon General's Report on Bone Health and Osteoporosis](#)**