

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

OSTEO-PREVENTION

## BEING DENSE IS GOOD!

The *most common metabolic disease* is "osteoporosis," a condition in which the bones become porous, less dense, and fragile. As we age, the potential for developing this condition increases. In fact, it is a major cause of hip fractures amongst the elderly, which often leads to a loss of independence.

Unfortunately, without knowing your risk and taking steps to prevent this condition, a fracture can be the first sign that you have it! So how can we be aware of our risk, reduce it, and keep our bones strong?

### OSTEOPOROSIS

NORMAL BONE



OSTEOPOROSIS



## VITAMIN D AND CALCIUM

Throughout your life, calcium and vitamin D play a key role in maintaining your bone health. They are particularly important after the age of 30, as bone mass begins to decline if no steps are taken.

**Boosting calcium:** Major food sources of calcium include milk, yogurt, cheese (mozzarella, Muenster, and cheddar), fish and shellfish (oysters, sardines, and salmon), and vegetables (broccoli, turnip greens, and tofu).

**Increasing vitamin D:** Your body needs vitamin D to help absorb calcium. Major food sources of vitamin D include vitamin D fortified orange juice and cereals, oily fish (salmon and mackerel), and cod liver oil. A few minutes in the sun each day will also increase vitamin D.

## FACTS ABOUT OSTEOPOROSIS

- There are more than 1.2 million fractures every year in the United States related to osteoporosis.
- 70% of fractures in people 45 years or older are connected to osteoporosis.
- Those who drink a lot of coffee and alcohol, and/or smoke cigarettes, are at higher risk of developing this disease.
- The rate of hip fractures is two to three times higher in women than in men.
- People who are thin or have a small frame are at greater risk for osteoporosis.
- Women can lose up to 20% of their bone mass in the 5 – 7 years following menopause.
- Being inactive increases the rate of bone loss in both men and women.

### Coach's Quick Take

Use the following strategies to reduce your risk of osteoporosis.

- Eat foods that are high in vitamin D and calcium
- Get plenty of sunlight
- Do weight-bearing exercise
- Avoid tobacco
- Limit alcohol

What can you do to prevent osteoporosis?

## ASSESSING YOUR RISK

Which of the following lifestyle choices is increasing your risk for osteoporosis?

I do not exercise.

Fact: *Walking, aerobics, dancing, and weight-bearing exercise strengthen bones.*

My diet is low in calcium and vitamin D.

Fact: *The recommended intake for Vitamin D is 600 IU. If you are a woman between age 25 and 51, or a man of any age, your body needs at least 1000 mg of calcium a day. Women over 51 need 1200 mg a day. See page one for food sources of these nutrients.*

I am a smoker.

Fact: *Researchers have found strong links between smoking and loss of bone density.*

I am a heavy to moderate alcohol drinker (more than four drinks per day, on average).

Fact: *Alcohol decreases levels of calcium and vitamin D in the body.*

## STRONGER MUSCLES, STRONGER BONES

Since the main focus areas for bone density are the hips and spine, it is vital that our exercises load these areas directly.

### Exercises for the Hips and Spine

1. **Squats:** Standing with feet shoulder width apart, Sit back and down so your thighs are parallel to ground. Press through the heels as you come up.



2. **Single Leg Balancing:** Stand on one leg for up to 1 min with each leg without support. Do this up to 3 times with each leg. Use an uneven surface (pillow, air cushion) for more difficulty.



3. **Lunges:** Take one leg and step forward so the back foot is behind you, and your back knee bends until it is a few inches from the ground. Keep front knee at 90 degrees. Bring feet back together, and repeat with other leg.



#### RESOURCES

[www.webmd.com](http://www.webmd.com)

[www.unm.edu](http://www.unm.edu)

[www.niams.nih.gov](http://www.niams.nih.gov)

For More Information visit  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)