

WELLNESS NEWSLETTER

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

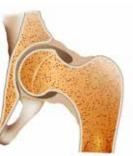
BEING DENSE IS GOOD!

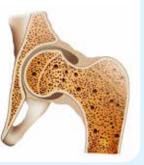
The *most common metabolic disease* is "osteoporosis," a condition in which the bones become porous, less dense, and fragile. As we age, the potential for developing this condition increases. In fact, it is a major cause of hip fractures amongst the elderly, which often leads to a loss of independence.

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.





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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.



RESOURCES
www.webmd.com
www.unm.edu
www.niams.nih.gov
For More Information visit www.WellnessCoachesUSA.com

- 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.

