

# EXERCISE YOUR WAY TO HEALTHY BONES!

You depend on them every single day. They support your weight, help you stand, give you the ability to move, protect your vital organs and most of all keep you active in today's fast paced world – your bones.

They provide structure, anchor muscles, store calcium and should be taken care of everyday to ensure that they stay functioning well for a very long time. This can be done through adequate calcium consumption and weight-bearing physical activity. Simple activities that help build strong bones, optimise bone mass and reduce the risk of osteoporosis later on in life, a condition that affects both sexes but is more prevalent in women.

## WHAT CAN I DO FOR BETTER BONE HEALTH?

You can improve your bone health by eating a healthy diet, rich in calcium, vitamin D and phosphorous. You should also follow a healthy lifestyle by indulging in regular physical activity and refraining from unhealthy habits like smoking.

Regular exercise is associated with many positive health benefits, including strong bones. And, like getting the right amount of calcium, adequate weight-bearing physical activity is important in reaching peak bone mass.

## WHAT ARE THE BENEFITS OF WEIGHT-BEARING PHYSICAL ACTIVITY?

Weight-bearing activities are those that keep you active and on your feet so that your legs carry your body weight. When your muscles push and tug against bones during physical activity both your bones and muscles become stronger.

Examples of weight bearing physical activities are:

- Walking, jogging or running
- Tennis or racquetball
- Climbing the stairs
- Skipping
- Basketball
- Dancing
- Resistance training (lifting light weights)

Incorporating weight-bearing physical activity into your daily life together with following a healthy and balanced diet is a great way to keep both your bones and body healthy.

## GOOD TO REMEMBER

To maintain healthy bones, you should exercise at least 30 minutes on most days of the week. And, when it is too hot, you can still exercise by walking around in shopping malls.