

STAY ACTIVE: STRENGTHEN YOUR BONES

It is a well-known fact that exercise can make your muscles stronger. But did you know that it can have the same effect on your bones! As a matter of fact, your bones are living tissues that respond to exercise by becoming denser and therefore stronger. The best way to make this happen is by making your bones “work”. And “work” for bones means handling impact which in this case is the weight of your body. In fact, exercise reduces the risk of osteoporosis which in turn will reduce the chance of injury and breaks to bones.

And if you're wondering how much exercise you need, here's some help. Studies have shown that accumulating 30 minutes of moderate intensity, like walking, over most days of the week promotes good health.

But with your hectic lifestyle, it can sometimes be impossible to incorporate exercise in your busy schedule.

SO HERE ARE A FEW SIMPLE TIPS THAT WILL HELP YOU STAY ACTIVE DURING YOUR DAY

- Wear comfortable shoes when you go to the mall and walk around while you shop
- Climb up the stairs, instead of using the elevator. You can do this with your kids and make it fun by counting stairs, hopping, etc. thereby encouraging them to develop good habits. This type of weight bearing exercise strengthens the muscles of your legs and the bones connected to these muscles: the femur, patella, tibia and fibula.
- Play some outdoor games with your kids like “catch” or “hide and seek”
- Carry light groceries when you go to the supermarket. The weight of the groceries will be equal to resistance training for the upper body, benefiting your bones every time your muscles contract and de-contrast. This easy activity will engage the bones of the arm: the humerus, radius and ulna.
- Put on your favorite music and invite the kids for a dancing competition
- Play video games with your kids. Choose interactive and physically demanding games, which are better than simply sitting and playing them.
- While watching TV, get up from the couch and stretch and bend for a few minutes every hour. These flexibility exercises are good for your posture.
- Try standing up and sitting down several times to strengthen your pelvis.
- When you go to the park, chase your kids around and climb with them on the slides
- Take a trip down memory lane and indulge in your favourite game of skipping rope, with your kids

Being active not only strengthens your muscles and bones, it also promotes better posture and balance, making you feel energetic and ready to do even more! Now that you know that every little bit of activity counts, you can encourage your family to be more active by your example. This will in turn make it fun for them to be more active themselves, ensuring better health and stronger bones for you and your kids!