

## Physical Activity and Osteoporosis

---

Physical activity is an important part of preventing osteoporosis. It helps protect your bones by improving your balance, slowing down the breakdown of bones, and building muscle strength, which helps to reduce the risk of falls and fractures. Using different exercises to target balance, posture, and strength can help to protect your bones and are great for your heart.

Try to include the following into your exercise routine:

- **Strength Exercises** – This includes exercises using your own body weight or lifting weights, such as squats. Try to include strength exercises at least 2 days per week.
- **Posture Exercises** – This includes exercises that focus on your back, such as sitting and standing up straight. Try to pay attention to your posture when you are exercising by using mirrors!
- **Balance Exercises** – This includes exercises such as Tai Chi, yoga, or dancing. Try to include balance exercises for 15-20 minutes every day.
- **Weight-Bearing Aerobic Physical Activity** – This includes exercises such as walking, jogging, running, dancing, or climbing stairs. Try to include these exercises for 20-30 minutes 5 days per week.

### Safety Information

- If you have any medical concerns, meet with family physician before starting an exercise program.
- Making an appointment with a physiotherapist or kinesiologist may be helpful if you have questions any about exercising.
- Be careful when being active outdoors, especially in bad weather (i.e., snowy/icy conditions).
- Lift objects carefully and try not to twist your back with heavy loads.

### Exercise Resources to Manage Your Bone Health

- Visit [www.osteoporosis.ca](http://www.osteoporosis.ca) and download the “Too Fit to Fracture” Booklet.
- Join a supervised exercise class for bone health (no referral needed).
  - **Grey Nuns Community Hospital:** The osteoporosis workshop is lead by a dietitian and the osteoporosis exercise program “Physical Activity and Your Bones” is led by a physiotherapist. **Contact 780-735-9919.**
  - **Misericordia Community Hospital:** Osteoporosis program group sessions are led by a physiotherapist and consist of classes and light exercises. **Contact 780-735-2757.**