

Osteoporosis Prevention Month

From the desk of Volunteer, Michelle Kelly RDN, LD

Exercise and Osteoporosis

Osteoporosis is often called the “silent disease” because until a bone breaks you may not notice any changes. Osteoporosis is a disease which weakens bones to the point where they break easily, typically the hip, spine, and wrist.

Who has osteoporosis?

Ten million Americans have osteoporosis. It is seen more in White and Asian women, but men also have the disease. Other women at risk include those who:

- Have a family history of broken bones or osteoporosis
- Have broken a bone while an adult
- Had surgery to remove their ovaries before their periods stopped
- Had early menopause
- Have not gotten enough calcium throughout their lives
- Had extended bed rest
- Used certain medicines for a long time
- Have a small body frame

Can I do anything to help prevent weakened bones? The good news is YES!

- Eat foods rich in calcium and vitamin D
- Include regular weight bearing exercise 3-4 times a week
- Stop smoking
- Limit the amount of alcohol you drink

Examples of weight bearing exercises

- Upper Body
 - Wrist Curls
 - Overhead Arm Raises
 - Side Arm Raises
 - Arm Curls
 - Wall Push ups
- Lower Body
 - Back Leg Raises
 - Knee Curl
 - Leg Straightening
 - Toe Stand

For more information on the above exercises visit Go4Life @ <https://go4life.nia.nih.gov/exercises/strength>

Resources: Go4Life @ <https://go4life.nia.nih.gov/tip-sheets/exercise-and-osteoporosis>
NIH National Institute on Aging <https://www.nia.nih.gov/health/publication/osteoporosis>

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Thank you!

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.