



HELEN HAYES HOSPITAL'S Osteoporosis Support & Education Group *presents*

Hello Everyone,

Happy New Year from the Osteoporosis Team here at Helen Hayes Hospital.

As the winter months settle in, it is easy to become less active—but staying physically active is especially important for bone health.

A helpful strategy is to include “exercise snacks” throughout your day. These are short bursts of movement—just a few minutes at a time—sprinkled between daily activities. They add up and can be much easier than setting aside one long workout.

Weight-bearing and strengthening movements encourage your body to produce osteoblasts, the cells responsible for building bone. The more we challenge our bones, the more we support maintaining and even improving bone density.

Some simple exercise snack ideas include:

- **Sit to stand from a chair (try not to use the arms of the chair if able)**
- **Marching in place or walking around the house**
- **Going up and down the stairs (holding the railing)**
- **Practicing balance exercises**

Remember, every bit of movement counts. Small, consistent actions throughout the day can make a meaningful difference for your bones, strength, and confidence- especially during winter.

Stay warm, stay safe, and keep moving!

With support,

Beth Duggan PT, DPT, OCS and your Osteoporosis Support Group Team

For additional information about bone health, please visit nysopep.org, or call the NYSOPEP Helen Hayes Hospital resource center at 845-786-4772.

