

# FIVE FACTS: EXERCISE AND OSTEOPOROSIS

- 1** Women are roughly twice as likely to develop osteoporosis compared to men. Most commonly develops after the age of 50 years old.
- 2** Approximately 30% of all fractures in the hip, vertebrae, and wrists are due to very low bone density.
- 3** Bone loss in a postmenopausal woman increases with age.
- 4** Physical exercise is considered an effective means to stimulate bone osteogenesis (bone growth) in osteoporotic patients.
- 5** Multicomponent exercises (aerobic & strength training) are found to be better than aerobic or strength training alone.

**Website:** The Effectiveness of Physical Exercise on Bone Density in Osteoporotic Patients - PMC

**Citation:** Benedetti, M. G., Furlini, G., Zati, A., & Letizia Mauro, G. (2018, December 23). *The effectiveness of physical exercise on bone density in osteoporotic patients.*

BioMed research international. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6323511/>

