

FIVE FACTS: PHYSICAL ACTIVITY AND BONE HEALTH

1

Physical inactivity is a modifiable risk factor for osteoporosis.

2

Increasing physical activity at any point throughout the lifespan positively affects bone health.

3

The maximal benefits of physical activity on bone health depend on adequate nutrient intake, in particular calcium and vitamin D intake.

4

With osteoporosis, safe movement and exercise are important for maintaining bone strength and preventing fractures.

5

With osteoporosis, exercises to focus on include weight-bearing, muscle strengthening, and balance exercises. Exercises to avoid are those that include excessive twisting or bending.

References:

Carter MI, Hinton PS. Physical activity and bone health. *Mo Med*. 2014;111(1):59-64.

