

25 Ways to Improve Your Bone Health

<p>Get Enough Calcium and Vitamin D Every Day</p>	<ol style="list-style-type: none"> 1. Try a new flavor of low-fat yogurt or a different type of cheese to add more calcium rich foods to your diet. 2. Make a new recipe with green vegetables that also have calcium. Good choices are broccoli, bok choy, kale and turnip greens. 3. Try foods that have calcium and vitamin D added. Fortified juices, cereals and soymilk are some good choices. 4. Take a calcium supplement if you aren't getting enough calcium from foods, but don't take more calcium than you need. 5. Take a vitamin D supplement if you need one. Find out how much vitamin D you need for your age.
<p>Do Weight-Bearing and Muscle Strengthening Exercises</p>	<ol style="list-style-type: none"> 1. Take a brisk walk during your lunch break. Walking is weight bearing exercise which is good for bones. 2. Include muscle strengthening exercises in your exercise routine by using a pair of light dumbbells or resistance bands. 3. Join a gym or sign up for a group exercise class. 4. Go dancing. 5. Try a new sport or activity such as tennis, hiking or skiing.
<p>Keep Healthy Lifestyle Behaviors</p>	<ol style="list-style-type: none"> 1. Eat five or more fruits and vegetables every day. 2. If you smoke, quit! Work with your healthcare provider to find the right program for you. 3. Keep alcohol to less than three drinks a day. 4. Try not to eat too many salty foods. 5. Learn about any risk factors you have for osteoporosis.
<p>Talk to Your Doctor About Your Bone Health</p>	<ol style="list-style-type: none"> 1. Make an appointment with your family doctor or other healthcare provider to talk about your bone health. 2. Bring a list of your bone health questions to your appointment and take notes. 3. Ask your healthcare provider if you need a bone mineral density test. 4. Ask your healthcare provider about other tests you may need. 5. Work together with your healthcare provider to develop a plan to protect your bones.
<p>Improve Your Balance and Prevent Falls</p>	<ol style="list-style-type: none"> 1. Do balance training exercises. 2. Fall proof your home. 3. Take a Tai Chi class with a friend. 4. Learn posture exercises. 5. Have your hearing and vision checked each year.

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