



AT-HOME LIFESTYLE GUIDE

Managing Osteoporosis in the COVID-19 Pandemic

Life looks pretty different right now, but you can still enjoy it while staying home. The At-Home Lifestyle Guide is designed to help you continue to manage osteoporosis while social distancing. We hope the exercises, recipes, and lifestyle tips will help you each day.



Seared Salmon With Pesto Fettuccine

Ingredients

Serves 4

- 8 ounces whole-wheat fettuccine
- $\frac{2}{3}$ cup pesto
- $1\frac{1}{4}$ pounds wild salmon (see Tip), skinned and cut into 4 portions
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil

Instructions

Total Time: 20 minutes

Bring a large pot of water to a boil. Add fettuccine and cook until just tender, about 9 minutes. Drain and transfer to a large bowl. Toss with pesto.

Meanwhile, season salmon with salt and pepper. Heat oil in a large cast-iron or nonstick skillet over medium-high heat. Add salmon and cook, turning once, until just opaque in the middle, 2 to 4 minutes per side. Serve the salmon with the pasta.

Nutrition

Per Serving

603 calories; 28.4 g total fat; 7 g saturated fat; 80 mg cholesterol; 537 mg sodium; 768 mg potassium; 45.3 g carbohydrates; 8 g fiber; 2 g sugar; 44 g protein; 591 IU vitamin A; 5 mg vitamin C; 48 mcg folate; 370 mg calcium; 4 mg iron; 142 mg magnesium

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TIP: Dig into Vitamin D

Your body needs vitamin D to absorb calcium and support muscles to help your balance, potentially lowering a risk for a fall. One of the best ways to get Vitamin D is to spend time outside and catch some sun.

Talk with your doctor about possibly taking supplements. He or she may suggest you take at least 400 IU* of vitamin D but could have other suggestions based on your levels.

You can also get a little extra vitamin D through your diet. Good sources of vitamin D include oily fish, like salmon or tuna, mushrooms, eggs, and fortified foods, like milk and cereal.

*How much vitamin D do you need? Women and men age 50 and older need 800–1,000 IU daily.



385 mg
calcium

Ricotta & Yogurt Parfait

Ingredients

Serves 1

- $\frac{3}{4}$ cup nonfat vanilla Greek yogurt
- $\frac{1}{4}$ cup part-skim ricotta
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{4}$ cup raspberries
- 1 tablespoon slivered almonds
- 1 teaspoon chia seeds

Instructions

Time: 5 minutes

Combine yogurt, ricotta, and lemon zest in a bowl. Top with raspberries, almonds, and chia seeds.

Nutrition

Per Serving

272 calories; 9.6 g total fat; 3.4 g saturated fat; 24 mg cholesterol; 119 mg sodium; 398 mg potassium; 25.1 g carbohydrates; 5.1 g fiber; 14 g sugar; 21.7 g protein; 251 IU vitamin A; 9 mg vitamin C; 19 mcg folate; 385 mg calcium; 1 mg iron; 46 mg magnesium; 6 g added sugar

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Have you made changes to how you're eating or staying active during the pandemic?

“

I continue to follow my diet carefully, with calcium and vitamin D, and I continue to follow proper body mechanics for all of my daily activities.”

VICTORIA S., AGE 67

TIP: Bone Health Can Start in the Kitchen



Bean there, soak that

Beans are a source of calcium, magnesium, and fiber. But they're also high in something called "phytates," which keeps your body from properly absorbing calcium from beans. Soak beans in water for several hours before cooking them to reduce the phytate level.



Coffee: too much of a good thing?

Drinking more than three cups of coffee each day can interfere with your body's calcium absorption and could even cause bone loss.



Shake the salt habit

Salty foods can cause your body to lose calcium or even bone. To limit your salt, try to eat fewer processed foods or canned foods. Aim to eat less than 2,300 mg of sodium each day. You can achieve this by looking at the Nutrition Facts label on foods in the grocery store (or when ordering groceries online)—if it has 20% or more of your daily value in sodium, it's high in salt and you may want to keep it out of your cart.



Full Body At-Home Exercises

As you steer clear of the gym and busy rec centers, you can still care for your body with a number of exercises done at home, without special equipment. Focus on one area or build your own full body workout with this list of activities you can do while social distancing.

Consult with your doctor before beginning any new exercise to discuss what might be right for you. Stop any exercise if it causes pain or discomfort.



LOWER BODY EXERCISES

WARM UP WITH A WALK

Get your heart pumping and blood flowing with a walk, even if it's just a short one around your home. If you're able to, climbing a couple flights of stairs can offer cardiovascular benefits, and can help build leg muscle. Just make sure to always have a grip on the handrail.

WALL SQUAT

All you need to master these squats is a wall.

- Stand about one foot from the wall with your feet planted about hip-width apart
- Lean back and press against the wall
- Bend at the knees, sliding your back down until thighs are parallel to the floor—stop earlier if you feel any pain
- Hold your wall squat as long as is comfortable for you
- Rest a moment and repeat the squat exercise

TRADITIONAL SQUATS

You don't have to do really deep squats to help strengthen the front of your legs and your rear. Only squat down as far as is comfortable and try to do this exercise in sets of eight.

- Start by holding a countertop or sturdy piece of furniture for balance
- Stand with your feet shoulder-width apart and bend at the knees
- Keep your back straight but bend forward just a little at the waist
- Squat down to a comfortable depth, but don't go past where your thighs are parallel with the floor
- Gently stand back up

How have you stayed active since you can't visit the gym?



I have been trying to take walks as best I can, but that's really weather-dependent. We actually bought some additional exercise equipment to keep in the house and weights, to continue some weight bearing activities during this whole situation."

JANICE C., AGE 59



TIP: SOCIALLY DISTANT, NOT DISCONNECTED

Take a walk to get some aerobic exercise and use that time to call a friend or family member to catch up. Remember to pay attention and keep a safe social distance on your walk.



UPPER BODY EXERCISES

WRIST FLEX

You'll want to have some light dumbbells for upper body exercises, or you could use household objects like cans of soup or water bottles.

- Hold a weight in each hand in front of you with palms facing forward
- Flex your wrist, bending it up toward your forearm
- Gently lower your hand back down
- Repeat this flex in sets of eight

SHOULDER RAISE

These shoulder raises are done with just one dumbbell held with both hands. If you don't have a dumbbell, this exercise works well with a partially filled milk jug.

- Stand with feet shoulder-width apart or do these shoulder raises while sitting in a sturdy chair, making sure to keep your back straight
- Grip your weight with both hands and hold your arms straight in front of you
- Carefully raise the weight to face height and slowly lower it back down
- Repeat these shoulder raises in sets of eight

BICEP CURLS

Don't put away your dumbbells or household weights yet—you'll need them for this bicep exercise.

- Hold a weight in each hand
- Let your arms hang by your side, palms facing forward
- Curl your arm at the elbow, slowly raising and lowering the weight
- Do these curls in sets of eight

CHEST PRESS

Push-ups don't have to be difficult or even done on the ground. The next time you're in the kitchen waiting for a buzzer to go off, try some countertop push-ups.

- Stand a few feet from your counter
- Keep your back and arms straight, bend at the ankles, and grab the counter
- Gently bend at the elbows, lowering your chest to the counter
- Push back up and repeat in sets of eight



TIP: NO GYM EQUIPMENT NECESSARY

Use household items, like a heavy book or soup cans, instead of dumbbells. A towel can take the place of resistance bands.



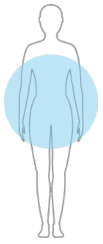
TIP: SCHEDULE FOR SUCCESS

Time can get away from us when we're at home 24/7, so set reminders to exercise or even go for a short walk around the house.



TIP: STREAMING & STRETCHING

Sneak in a quick stretch while watching your favorite show.



CORE EXERCISES

LYING DOWN ON THE JOB

You don't need to do grueling sit-ups to build core muscles. Here's a better suggestion:

- Lie down on your back
- Bring your knees toward your chest at a 90-degree angle
- Press your lower back into the ground and lower one leg at a time, touching your toes to the ground
- Repeat this core exercise in sets of eight

PILATES SINGLE LEG KICK

You may want a mat to put on the floor, but you won't need any other equipment to build up your back extensors, hamstrings, and glutes.

- Start by lying on your stomach with your legs straight behind you
- Prop up on your elbows and bring them in close to your body
- Lift one leg at a time, bending at the knee to kick your heel into your rear
- Gently lower your leg back to the mat
- Repeat the single leg kick in sets of eight
- Be sure to keep your spine long and your pelvis firmly on the mat to avoid straining your lower back

PILATES DOUBLE LEG KICK

Keep your mat out for the double leg kick — it's also done lying on your stomach.

- Lower your whole body to the mat and turn your head to one side
- Hold your hands on the small of your back and drop your elbows toward the mat
- Bend both legs at the knee and kick your heels to your rear three times
- Lower your legs and arch your back to your hands toward your feet — this is called a back extension (see image below)
- Lower your torso back down to the mat, turn your head in the opposite direction and repeat the double leg kick for sets of eight



What are your preferred at-home workout options?



I have tried to increase the amount of time I am walking ... walking up and down the stairs and getting out into the yard—just getting some fresh air is good. And, I'm trying to get back on the regular virtual Pilates class schedule."

JULIA B., AGE 65



TIP: SPRING CLEAN & SWEAT

Now's a great time to knock out any projects or deep cleaning around the house. It's also a great way to get up, get moving, and burn calories. Make sure to focus on good posture while cleaning.



More Support. More Resources.

Did you find the At-Home Lifestyle Guide useful? Well, there's plenty more where that came from, and you can access it by joining Bone Matters®. The program is designed to help you stay informed and empowered while managing your osteoporosis. Join today to get additional exercise tips, bone healthy recipes, appointment reminders, and more.

You can join at [BoneMatters.com](https://bonematters.com).