



Lifestyle Tips for Healthier Bones

1. SPEND TIME IN THE SUN

Fun sun fact: getting outside and enjoying the sunshine can help maintain strong bones! Sunlight helps your body produce vitamin D, which is important for calcium absorption.

2. PICK THE RIGHT PAIR

Shoes provide support and stability, and the right footwear can make a big difference. Stay away from flip flops and high heels, and instead choose shoes with cushion, arch support, and traction to help prevent falls.

3. MODERATE YOUR INTAKE

Did you know caffeine, nicotine, and alcohol are all linked to osteoporosis? Be thoughtful about alcohol and caffeinated beverages like coffee and soda, and try to limit or quit smoking to improve your bone health.

4. GET PLENTY OF PROTEIN

People know about the connection between calcium and bone health, but protein is another key nutrient! It helps improve your bones' strength and flexibility, so make sure your diet has enough protein. Dairy products are great choices that contain both calcium and protein.

5. STAY ACTIVE

Exercise is essential for building and maintaining healthy bones, as well as improving strength, coordination, and flexibility to help prevent falls. Make a habit of daily weight bearing exercises such as walking, exercises with light dumbbells or resistance bands. Talk to your doctor about what exercises may be right for you.

