



Bone Density

Habits and Exercises

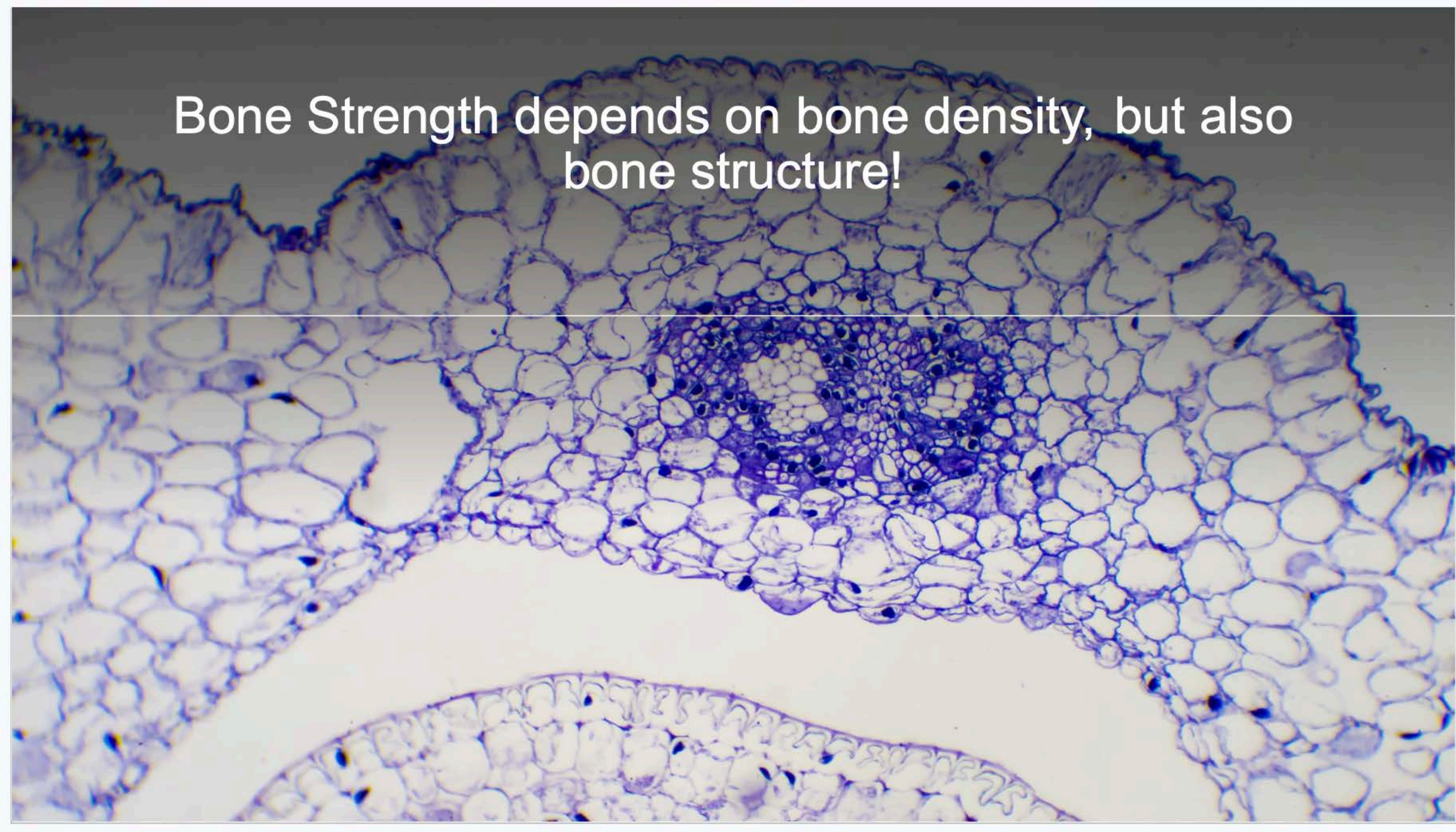
To Maintain and Increase Bone Density:

Eat a nutrient dense diet including calcium, but also protein, vitamin K, vitamin D, magnesium, potassium and phosphorus.

If you have already been diagnosed with osteopenia or osteoporosis you may want to talk with your doctor about prescription medications.

Include challenging strength training and impact exercises for all of the body regions in your activities in multiple planes of motion.

Bone Strength depends on bone density, but also
bone structure!



Exercises for Bone Density

Challenging strength exercises – you must feel significant fatigue in the last few reps – for every major muscle group two to three times a week.

Impact exercises – running, jumping, punching, bouncing a ball, walking on your hands and knees.