

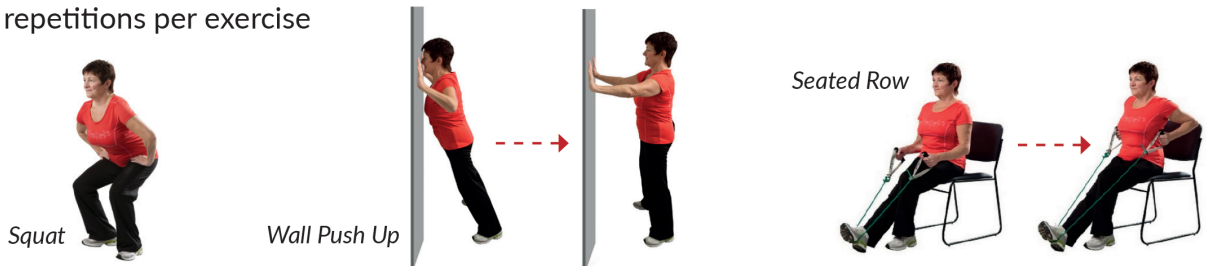
Too Fit to Fall or Fracture

Managing Osteoporosis through Exercise includes information on strength training, balance exercises and aerobic activity; interactive tools for getting started; tips for addressing barriers to exercise; and ways to move safely during everyday activities to avoid the risk of falls or spine fractures.

Poor posture, combined with loss of bone strength, can increase the risk of spine fracture. Poor alignment can be improved with exercises that target muscles important for posture.

Strength Training At least 2 days/week

- ▶ Exercises for legs, arms, chest, shoulders, back
- ▶ Use body weight against gravity, bands, or weights*
- ▶ 8 - 12 repetitions per exercise



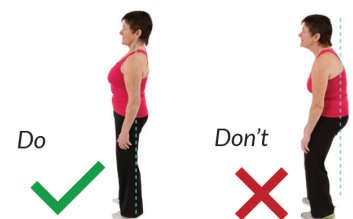
Balance Exercises Every day

- ▶ Tai Chi, dancing, walking on your toes or heels
- ▶ Have a sturdy chair, counter, or wall nearby, and try (from easier to harder): shift weight from heels to toes while standing; stand heel to toe; stand on one foot; walk on a pretend line



Posture Awareness Every day

- ▶ Gently tuck your chin in and draw your chest up slightly
- ▶ Imagine your collarbones are wings - spread your wings slightly without pulling your shoulders back



Aerobic Physical Activity At least 150 mins/week

- ▶ Bouts of 10 mins or more, moderate to vigorous intensity*
- ▶ You should feel like your heart is beating faster and you are breathing harder
- ▶ You might be able to talk while doing it, but not sing

Examples:

- ☐ Brisk walking
- ☐ Dancing
- ☐ Jogging
- ☐ Aerobics class

*If you have a spine fracture, always consult a doctor or physiotherapist before using weights and choose moderate, not vigorous aerobic physical activity.

Strength Training (more examples) At least 2 days/week

Other exercises include:

- ▶ Upright row
- ▶ Step up



What are spine sparing strategies?

Spine sparing strategies help “spare” the spine from injury. Injuries to the spine can occur when we bend forward or twist the spine quickly or repeatedly, or if we lift something heavy, bend far forward (e.g., tying shoes) or twist the torso all the way to the side. Bending or twisting while holding a weighted object (e.g., groceries, grandchild) is also risky.

Spine sparing strategies:

- ▶ Bend with your hips and knees, not your spine
- ▶ Turn your whole body rather than twisting your spine



Good Nutrition Is Important For Strong Bones

- Eat a balanced diet, carbohydrates, protein, dairy, fruits and vegetables to help keep bones strong and prevent fractures.
- **Vitamin D** is important to keep your bones strong and also to prevent falls.
- **Calcium** is important for bone health. It is best to get your calcium from food sources, such as milk, cheese, yogurt, calcium-fortified soy/almond/rice beverage and calcium-fortified drinks. If you don't eat many dairy products or other calcium-fortified foods, you may need a calcium supplement. Check with your doctor first.
- Limit the amount of alcohol in your diet to two or fewer drinks per day.
- Stop smoking.
- Know **your** own Calcium and Vitamin D requirements.

This information is not intended to replace health professional advice. Consult your Healthcare Provider, Occupational Therapist or Physiotherapist about what exercises are right for you.

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