

# 5 Ways to Build Strong Bones

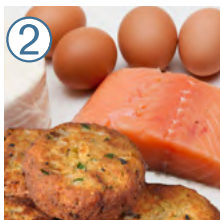
Get up. Walk around. Carry groceries. Work in the yard. Exercise. If you want to move and get around, your bones help make it happen.

But if they're weak, you could get hurt, fracture a bone, require a cast or surgery, and spend weeks or more in recovery. And it doesn't have to be that way. Here are five ways to build strong bones:

Prevent falls and fractures  
[tinyurl.com/y2kekxb2](https://tinyurl.com/y2kekxb2)



**1** **Exercise.** An exercise that puts weight on your bones or makes your muscles stronger helps make your bones stronger. Try jogging, walking, or playing tennis. Basic bodyweight exercises like squats, pushups, and lunges strengthen your bones too.<sup>3</sup> Aim for at least two days of strength training exercises a week, and at least 30 minutes of exercise most days of the week.



**2** **Eat protein-rich foods.** Did you know the living part of the bone is made up mostly of proteins. You need protein in your diet to keep your bones healthy.<sup>4</sup> Good protein sources include legumes, nuts and seeds, low-fat dairy products, eggs, soy, fish, and lean meats like chicken or turkey.



**3. Eat more plant-based foods.** Your bones need essential nutrients found in fruits and vegetables, including vitamin K, vitamin B12, and calcium. These nutrients help make your bones more dense and slow bone loss as you age.

Food and your bones  
[tinyurl.com/jz86z2g](https://tinyurl.com/jz86z2g)

Add foods to your diet like: broccoli, kale, spinach, legumes, citrus fruits, and foods fortified with calcium.<sup>5</sup>



**4. Get more vitamin D.** Vitamin D is vital to help your body absorb calcium and deposit it in your bones. You can get some vitamin D from food or supplements. But your best source of vitamin D?

The sun.<sup>6</sup> Aim for about 15 minutes a day in the sun. When your skin is exposed to sunlight, it makes large amounts of vitamin D. If you're not getting enough vitamin D (common if you live in northern regions), talk to your doctor about getting tested or taking a vitamin D supplement.



**5. Make lifestyle changes.** Take a look again at the list of things that cause poor bone health (*Are You Making These Bone-Health Mistakes?*). Are any of these habits part of your daily routine? If you want to keep your bones healthy as you age, it may be time to make some changes. You may be able to do this on your own. Talking with your doctor, a nutritionist, or personal trainer can help too.

Easy ways to build better bones  
[tinyurl.com/yyzkcme](https://tinyurl.com/yyzkcme)

Take it one step at a time. You'll build stronger bones, be healthier, and enjoy a better quality of life.

## References

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