

# Healthy Bones Month

HEALTHY TIP SHEET - MAY



**Did you know that throughout your life you are constantly losing old bone and making new bone? Osteoporosis is a condition in which the bones become weak and can break more easily because the bone is less dense, or “more porous.”**

## Want More Information?

Visit [NebraskaBlue.com/Wellness](https://www.NebraskaBlue.com/Wellness) for additional health and wellness information and to take the Monthly Health Challenge – Build Strong Bones.

Source: Wellsource, Inc.

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When you think about staying healthy, you more than likely think of lifestyle choices such as a good diet and exercise to prevent heart disease and cancer. But keeping your bones healthy and preventing osteoporosis should be at the top of your list too. Bone is a living and growing tissue, and conditions such as osteoporosis and broken bones are not part of normal aging.

## 7 Ways to Build Strong Bones

- ▶ **Do weight-bearing and muscle-strengthening exercise regularly.** Exercise that puts weight on your bones or makes your muscles stronger helps make your bones stronger. Aim for at least two days per week of strength training, such as squats, pushups or lunges and thirty minutes of exercise, like walking, on most days.
- ▶ **Eat protein-rich foods.** The living part of bone is made up mostly of protein. Good sources include legumes, low-fat dairy, eggs and fish.
- ▶ **Eat more plant-based foods.** Essential nutrients such as vitamin K, B12 and calcium are found in fruits and vegetables. These nutrients help to make bone more dense and slow down bone loss as you age.
- ▶ **Get more vitamin D.** This vitamin helps your body absorb calcium, which is deposited in your bones. Aim for about 15 minutes of sun exposure every day or talk with your healthcare provider if you are deficient.
- ▶ **Stop smoking and limit alcohol.** Smoking reduces blood supply to the bones and other tissue, which slows bone growth. Smoking also hinders calcium absorption. Alcohol disrupts calcium availability, interferes with vitamin D absorption and can also lead to more falls resulting in bone injury.
- ▶ **Improve your balance and prevent falls.** A fractured bone is painful and debilitating. Living life on the sidelines is not an effective way to protect your bones. There are many safe exercises that you can do to work on stability, both while moving or standing still.
- ▶ **Have your hearing and vision checked as directed.** Good hearing and vision correction are important to good balance and decreasing the risk of falling. Just like bone health, both can change as you age.