Exercise and Bone Density

Exercise and weight training have been proven to slow the effects of osteoporosis and osteopenia in both men and women.

**HOW IS NEW BONE FORMED?**

- New bone forms when a stress is placed on them, specifically impact or strain under pressure.
- When bones are stressed, our body realizes it needs to be stronger to deal with the stress again, similar to how muscles grow.
- After exercise, cells called osteoblasts create a new cell called an osteoid which eventually becomes new bone.

**WHAT KIND OF EXERCISE?**

- The best kind of exercise for increasing bone density is high impact and exercise that puts stress on your bones such as:
  - Weight training
  - Running or walking
  - Playing pick-up sports
- But any aerobic activity still has a positive effect, these can include:
  - Swimming
  - Cycling

**HOW DOES EXERCISE HELP BONE STRENGTH?**

- Exercise stimulates bone growth
- Helps prevent bone breaks
- Exercise slows and actually reverses osteoporosis

**WHEN TO GET YOUR BONE DENSITY CHECKED?**

- You should get your bone density checked if you are:
  - A man 70 or older or if you are 50 or older with the signs of risk for osteoporosis
  - All women 65 or older, or all women under 65 but post menopausal with signs of risk for osteoporosis

So what do I do?

- Exercise 3 times a week at moderate intensity, including weight training and aerobic exercise to maximize your bone density!
- To do even more, adding calcium supplements to your diet further prevents osteoporosis!