

EXERCISE & YOUR BONES



30 MINUTES A DAY
OF APPROPRIATE
WEIGHT BEARING
EXERCISE,
CAN HELP TO KEEP
YOU INDEPENDENT

If you have been diagnosed with
Osteopenia and/or Osteoporosis,
email: info@irishosteoporosis.ie,
the national experts in bone health.

📍 Irish Osteoporosis Society Charity
Unit 1B Clonskeagh Square,
Clonskeagh, Dublin, D14 AOK8

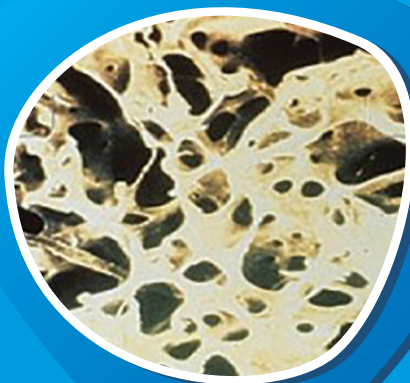
☎ 016375050 ✉ info@irishosteoporosis.ie

🌐 www.irishosteoporosis.ie

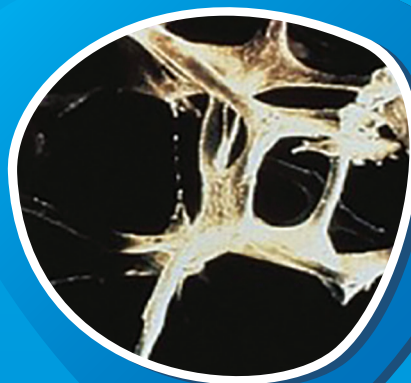


WOMEN
65 & OVER
**HIGHEST RISK FOR
BONE LOSS**

What is Osteoporosis?



VS



Normal bone

Osteoporotic bone



Osteoporosis is a disease that affects the inside of your bones, causing them to become fragile and break easily. You will not feel your bones getting weaker, so why not spend 2 minutes to take the bone loss risk test on the Irish Osteoporosis Society website, www.irishosteoporosis.ie. Women, men of all age groups may be affected.

How can exercise help?



It can help to improve muscle strength, improve your balance, help to reduce your risk of falling and breaking bones and help to keep you independent. 60 minutes per day for children and 30 minutes a day for adults of weight bearing exercise is recommended.

What exercises are safe?



Exercises that do not put excess stress on the bones in your spine such as walking, dancing or Tai Chi. Always start out your exercises at a pace that is appropriate for you. Walking up and down a flight of stairs equals 1 minute of weight bearing exercise.

Those with bone loss should be individually assessed by a healthcare professional, to see what stretches and exercises are safe for them to do.



Not recommended if you have bone loss:

No lifting young children, no twisting of your back with your feet on the ground, no walking with backpacks on your back, no use of trampolines, no use of vibration machines, no touching your toes, no excessive weights, no back braces to attempt to correct your posture.

It is advisable to slowly build up your bone strength.