

# 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 us, as we are the National  
experts in bone health.

📍 Irish Osteoporosis Society Charity  
Unit 1B Clonskeagh Square,  
Clonskeagh, Dublin 14

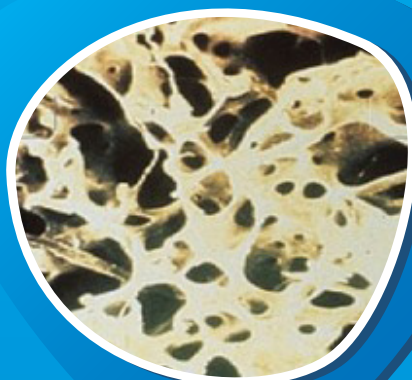
☎ 016375050 ✉ [info@irishosteoporosis.ie](mailto:info@irishosteoporosis.ie)

🌐 [www.irishosteoporosis.ie](http://www.irishosteoporosis.ie)

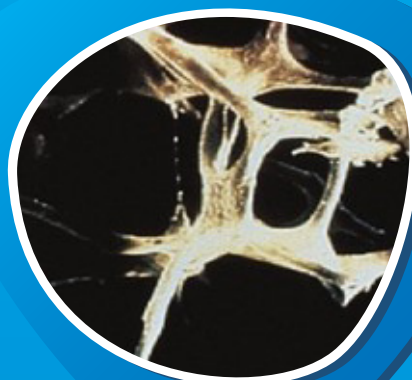


WOMEN OVER  
**65,**  
HIGHEST RISK FOR  
**BONE LOSS**

# What is Osteoporosis?



VS



**Normal bone**

**Osteoporotic bone**



Osteoporosis is a disease that effects the inside of your bones, making them fragile so they break easily. You will not feel your bones getting weaker, so take the one minute risk test, on the Irish Osteoporosis website. Women, men and all age groups are 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 exercise's are safe?



Exercises that do not put excess stress on the bones in your spine. Start out with walking, your path and pace need to be adjusted. Walking up and down a flight of stairs = 1 minute of weight bearing. Dancing and Tai chi

Those with bone loss should be assessed & monitored.



## Not recommended if you have bone loss

No lifting of young children

Sit ups, trampolines, high impact, twisting your back, Vibration machines, excessive weights, Yoga stretches: touching your toes with your legs straight