

EXERCISE FOR BONE HEALTH

MAINTAINING A HEALTHY LIFESTYLE WILL STRENGTHEN YOUR BONES AND HELP TO PROTECT AGAINST FRAGILITY FRACTURES.

Strength, cardio, posture and balance – all these are important to reduce your risk of falls and improve your overall bone strength.

Following are some simple exercises to support your bone health. Do speak with your doctor or healthcare professional about exercises suitable for you.

STRENGTH

KEEPS YOUR BONES STRONG & FIT

We all lose muscle as we age. Strength exercises make your muscles stronger – and can increase your bone strength.

EXERCISE 1 – HIP ABDUCTION^{1,2}

Hip abductions strengthen your hips, thighs and bottom, while helping improve your balance. Aim to do this three times a week. As you build up muscle, add an ankle weight.

Step 1

Stand up straight with one hand on the back of a chair for balance.



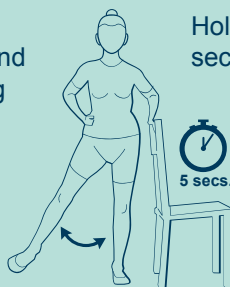
Step 2

Place your other hand on your hip and slowly raise this leg out to the side.



Step 3

Hold for 5 seconds.



Step 4

Then slowly lower the leg. Repeat 10 times on both sides.



EXERCISE 2 – PRONE LEG LIFT¹

The prone leg lift helps strengthen your lower back and bottom and stretches your hip flexors and the front of your thighs. Aim to do this three times a week. As you build up muscle, add an ankle weight.

Step 1

Lie face down on the floor. Place towels under your forehead, shoulders and abdomen for comfort.



Step 2

Bend your right knee slightly and raise your right thigh from the floor keeping your foot relaxed.



Step 3

Hold for 5 seconds, then lower and repeat 10 times with your right leg and 10 times with your left.



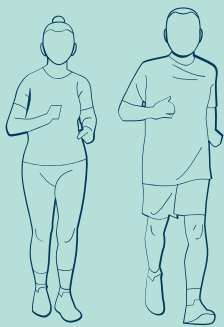
CARDIO

IMPROVES YOUR OVERALL HEALTH

Cardio exercises can also reduce your risk of disease and improve your bone strength. Experts recommend spending 2–3 hours a week doing cardio exercise (30 minutes per session).

EXERCISE 3 – WALKING OR JOGGING³

Walking or jogging is a good cardio activity that builds muscle strength and promotes bone formation. Remember to be careful when walking over uneven ground.



Ask some friends to join you for a regular walk or jog!

It's a good cardio workout and a great opportunity to get some natural vitamin D from the sun.

EXERCISE 4 – DANCING⁴

Dancing helps to build muscles, improves your balance and helps bone formation.



Ask a friend to go dancing with you.

It's a lot of fun, plus your dance partner can be used as support if you need help with your balance.

POSTURE

HELPS YOU STAND TALL & STRONG

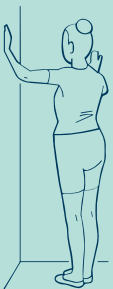
Posture exercises reduce stooping and decrease your risk of fractures, especially in the spine.

EXERCISE 5 – CORNER STRETCH¹

The corner stretch stretches your shoulders and flattens your upper back to improve rounded shoulders. Repeat twice in both sides. Aim to do this twice a week.

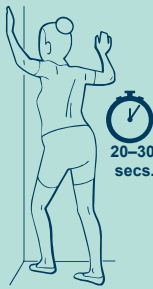
Step 1

Stand in the corner of the room with your arms at shoulder height and bent at the elbow.



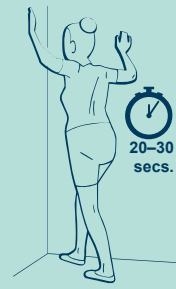
Step 2

Bring one foot forward and bend your knee. Lean on your front leg, moving your head and chest towards the wall, and hold for 20–30 seconds.



Step 3

Stand up straight and repeat for the other foot..



EXERCISE 6 – ABDOMINAL CURL⁵

Abdominal curls help to strengthen your trunk, which improves your posture. Repeat 10 times, rest for two minutes, and repeat. Aim to do this twice a week.

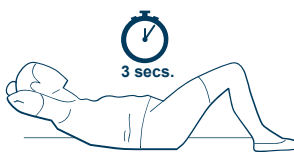
Step 1

Lie down with as much of your back as possible touching the floor. Bend your knees and keep your feet flat. Put your hands behind your ears with your elbows pointing outward.



Step 2

Slowly raise your trunk 25cm from the floor. Pause for 3 seconds.



Step 3

Then slowly return to the starting position. Repeat 10 times. Rest for two minutes and repeat.



BALANCE

BOOSTS YOUR STABILITY

Improving your balance decreases your likelihood of falling, reducing your risk of breaking a bone.

EXERCISE 7 – TOE STANDS^{1,6}

Toe stands strengthen your calves and ankles, which help your stability and balance. Aim to do this twice a week.

Step 1



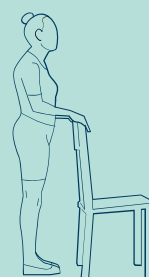
Using a chair for balance, stand straight with your feet shoulder-width apart.

Step 2



Rise up on your toes slowly and hold for 2-4 seconds.

Step 3

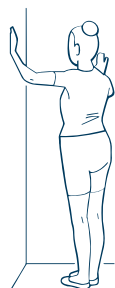


Slowly lower your heels. Repeat 10 times, rest for two minutes and repeat.

EXERCISE 8 – WALL SLIDE¹

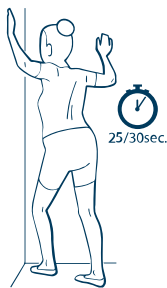
The wall slide helps strengthen your thighs, abdomen and back, reducing rounded upper back and improving leg alignment. Repeat 10 times. Aim to do this 2-3 times a week.

Step 1



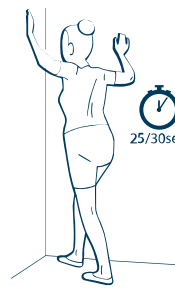
Stand with your feet a shoe-length from the wall and shoulder-width apart, put your bottom, shoulders and hand palms against the wall.

Step 2



Pull in your abdomen, keep your shoulders back and slide 25cm down the wall.

Step 3



Pause for 3 seconds and slowly slide up the wall, back to the starting position.

SOURCES

1. National Osteoporosis Foundation. Exercise to stay healthy. www.nof.org/preventing-fractures/exercise-to-stay-healthy/.
2. Tufts University. Growing stronger: Strength training for older adults: Exercises - Stage 2. www.growingstronger.nutrition.tufts.edu/exercises/stage_2.html.
3. Better Health Channel. Running and jogging - health benefits. www.betterhealth.vic.gov.au/health/healthyliving/running-and-jogging-health-benefits.
4. Better Health Channel. Dancing - health benefits. www.betterhealth.vic.gov.au/health/healthyliving/dance-health-benefits.
5. Tufts University. Growing stronger: Strength training for older adults: More exercises. www.growingstronger.nutrition.tufts.edu/exercises/more_exercises.html.
6. Tufts University. Growing stronger: Strength training for older adults: Exercises - Stage 1. www.growingstronger.nutrition.tufts.edu/exercises/stage_1.html.