



# EXERCISE FOR BONE HEALTH

## BENEFITS OF EXERCISE FOR PATIENTS WITH OSTEOPOROSIS

- ✓ Resistance exercises (e.g. stretch band, weights lifting) help improve bone density
- ✓ Balance and flexibility exercises (e.g. yoga, Tai Chi) aid in reducing risk of falls



- ✓ Aerobic exercises (e.g. jogging, dancing) help maintain healthy body weight and overall cardiovascular health



## BEFORE YOU EXERCISE

1. Review your medications from your doctor. (Follow the exercise advice provided for your medical conditions.)
2. Wear loose, light and comfortable clothing with fitting shoes.



## EXERCISE PRECAUTIONS

- ⊙ Avoid high fall risk activities
- ⊙ Avoid high-impact activities or heavy weights



## EXERCISE RECOMMENDATIONS

- ⊙ Avoid prolonged sitting and sedentary lifestyle
- ⊙ Go for activities that promote balance, flexibility, coordination and focus (e.g. Tai Chi)
- ⊙ Resistance training (e.g. gentle weights, stretch band) to prevent muscle loss
- ⊙ Outdoor activities with 20-30 minutes of sun exposure for Vitamin D
- ⊙ Consider joining a structured programme with trained professionals
- ⊙ Start with gentle exercises and gradually increase intensity
- ⊙ Include appropriate cool-down activities

