

# 5 Ways to Improve Bone Density



Until your mid-20s, your body forms more bone cells than it loses. But as you get older, your body focuses on repairing old bone, rather than building new bone. By the time women reach their mid-40s, they may be losing bone mass every year.

Keep your bones healthy and strong no matter your age by following these five bone-healthy tips:



## Eat plenty of calcium throughout the day.

Calcium plays a crucial role in the formation of bone mass, and even helps protect bone cells from damage. Adult women age 50 and younger need 1,000 milligrams (mg) of calcium per day, while women age 50 and older need at least 1,200 mg.

*After 2+ years, calcium supplements can reduce bone loss by approximately 2%.*

## Don't forget your fruits and veggies.

Fruits and vegetables provide other important vitamins and minerals—magnesium, potassium, vitamin K, and vitamin C—that your body needs to build and maintain bone mass. Women should try to eat 1 ½ cups of fruit and 2 ½ cups of vegetables every day.

*In a three-month study, women who ate at least nine servings of fruits and vegetables a day had a decrease in bone loss.*



## Try strength and weight training exercises.

Weight-bearing and resistance exercises help slow bone loss and can even encourage the body to build new bone. 30 minutes of walking a day is a great exercise option for women of all ages.

*Women who walk at least four hours per week have a 41% lower risk of hip fracture than women who walk less than one hour per week.*

## Maintain a healthy weight.

Talk to your doctor about a healthy weight for your body. Being both under or overweight can be damaging to your bones. If you're looking to lose weight, make sure to talk with your doctor and do it in a healthy way.

*A 10% reduction in body weight can cause up to 2% bone loss.*



## Stop using tobacco products.

Using products with nicotine in them, such as cigarettes and e-cigarettes, can lead to lower bone density and a greater risk of bone fracture. Stopping the use of tobacco products is one of the best things you can do for your bone health.

*Smokers have a 55% higher risk of hip fracture than non-smokers.*

Bone loss and osteoporosis doesn't have to be a part of aging. No matter what your age, there are steps you can take to protect your bone health.

