

## Exercises

Bones, like muscles, respond to exercise by becoming stronger. Weight-bearing and muscle-strengthening exercises can help build bone strength. Exercises also improve coordination and balance and thereby decrease for falls and fractures.

### Weight-bearing exercises

These are exercises that make you move against gravity while staying upright. About 30 to 60 minutes of weight-bearing exercises at least three times a week can help maintain bone strength and prevent bone loss.

### Low-impact weight-bearing exercises

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- Walking (3-5 miles a week)
- Low-impact aerobics
- Marching
- Elliptical training machine

### High-impact weight-bearing exercises

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- Dancing
- Hiking
- Climbing stairs
- Jogging or running
- Jumping rope
- Tennis/ other racquet sports
- Gardening
- High-impact aerobics

## Muscle strengthening exercises

With these exercises, also called resistance exercises, you move your body against resistance (for example, use of elastic bands) or use weights (dumbbell or your own body weight). Contracting your muscles strengthens your bones.



- Lifting free weights
- Using elastic exercise bands
- Using weight machines
- Lifting your own body weight
- Functional movements, such as standing and rising up on your toes

## Before you start an exercise program – check with your provider

- If you have other medical conditions such as heart disease, high blood pressure, diabetes, are overweight or over the age of 50, check with your doctor before you start a regular exercise program.
- Avoid exercises that bend or twist your spine.
- For those with extremely weak bones it may be best to start with low impact exercises.
- Learn methods to correct your posture.

## Exercises alone may not be enough

Exercises are an important part of the treatment of osteoporosis. However, it alone may not be enough. Changes in diet and medications that maintain or strengthen your bone are also often needed for the treatment of osteoporosis.

## Learn more

More information, including videos on exercises can be found at:  
<https://www.nof.org/patients/treatment/exercisesafe-movement/>