

A black and white photograph of a woman with short, light-colored hair, wearing a dark t-shirt and shorts, carrying a surfboard under her arm. She is walking on a sandy beach, looking down and smiling slightly. The background shows the ocean and a cloudy sky.

I will fight osteoporosis.

With knowledge comes strength.

**Information to help you face the
challenge of osteoporosis head-on.**

How can physical activity help?

By placing a "load", or force, on your bones, physical activity can increase your bone mass. It also improves balance and coordination, which can reduce your risk of falling and fracturing. Improved strength, flexibility and posture can help reduce pain and enable you to complete daily tasks more easily.

Talk to your doctor before starting any exercise program to understand the type and amount of physical activity that is best for you.

How can I increase my bone mass?

Weight-bearing exercise — bones and muscles work against gravity. Try walking, jogging, aerobics, dancing, stair climbing and skating.

Resistance exercise — an object or your own weight is moved to create resistance. Try free weights, weight-training machines or exercise bands.

How can I improve my balance and flexibility?

Improved balance and flexibility can help prevent falls, as your body is more able to deal with being off-balance. Join a tai chi, swimming or yoga class.

What can I do to improve my posture?

Back extensions, arm, shoulder and abdominal exercises can improve posture.

Join a gym with a friend — you'll both be more likely to keep exercising and can offer each other encouragement.



*It may challenge my strength,
but I am stronger.*