



LIVING STRONG
NORTH IDAHO

Exercise for Bone Density and Healthy Aging

Living Strong North Idaho Educational Resource

WHY THIS MATTERS

Bone density naturally decreases with age, increasing the risk of osteoporosis and fractures. Loss of bone strength can lead to reduced mobility, increased fall risk, and loss of independence.

The encouraging news is that certain types of exercise, especially resistance training and weight-bearing activities, can help maintain and even improve bone density. Regular physical activity places healthy stress on bones, stimulating them to remain stronger over time.



KEY INSIGHT

Bones are living tissue that respond to physical stress. Activities such as resistance training and weight-bearing exercise place healthy stress on the skeleton, which signals the body to maintain or build bone density over time. Regular exercise can help slow age-related bone loss and support stronger, more resilient bones.

WHAT RESEARCH SHOWS



Resistance training can help maintain or improve bone mineral density in older adults



Weight-bearing exercises stimulate bone growth and strengthen skeletal structure



Stronger muscles help protect bones and reduce fracture risk



Regular exercise improves balance and reduces fall risk



Physical activity supports overall musculoskeletal health and mobility

Sources:

- National Institute of Arthritis and Musculoskeletal and Skin Diseases — Exercise for Your Bone Health
- Harvard Health Publishing — Strength Training Builds More Than Muscle
- Massini et al., 2022 — Resistance Training and Bone Mineral Density in Older Adults
- Mayo Clinic — Bone Health: Tips to Keep Your Bones Healthy

EXERCISES THAT SUPPORT BONE HEALTH

- ✓ Squats or sit-to-stand movements to strengthen hips and legs
- ✓ Step-ups or stair climbing to provide weight-bearing stimulus for bones
- ✓ Resistance band or dumbbell exercises to strengthen muscles and bones
- ✓ Walking or light hiking as regular weight-bearing activity
- ✓ Balance exercises to help prevent falls and fractures

Sources:

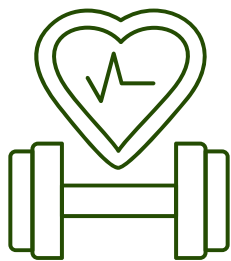
- National Institute on Aging — Exercise for Your Bone Health
- Harvard Health Publishing — Slowing Bone Loss with Weight-Bearing Exercise
- Massini et al., 2022 — Resistance Training and Bone Mineral Density in Older Adults
- Mayo Clinic — Strength Training and Bone Health

KEY NUTRIENTS FOR HEALTHY AGING

- ✓ Calcium – Essential for building and maintaining strong bones
- ✓ Vitamin D – Helps the body absorb calcium and supports bone strength
- ✓ Protein – Supports the muscle and skeletal system that help protect bones
- ✓ Magnesium and Vitamin K – Help regulate bone mineral balance
- ✓ Balanced nutrition – Nutrient-dense foods support long-term bone health

Sources:

- National Institute of Arthritis and Musculoskeletal and Skin Diseases — Calcium and Vitamin D: Important for Bone Health
- National Institute of Arthritis and Musculoskeletal and Skin Diseases — Exercise for Your Bone Health
- Mayo Clinic — Bone Health: Tips to Keep Your Bones Healthy
- National Osteoporosis Foundation — Calcium and Vitamin D for Bone Health



KEY TAKEAWAY

Maintaining bone health requires a combination of regular weight-bearing exercise, resistance training, and proper nutrition. Activities that place healthy stress on bones, combined with adequate intake of nutrients such as calcium and vitamin D, help support stronger bones and reduce the risk of osteoporosis and fractures as we age.

Living Strong North Idaho – A Program of the Inland Northwest Healthy Aging Alliance

Educational Disclaimer: The information provided in this resource is for educational purposes only and is not intended as medical advice.

Individuals should consult with a qualified healthcare professional before beginning any exercise, nutrition, or health program.