# Exercises for Osteoporsis



Bones adapt positively under high loads, when performed in short dynamic bouts. Weight-bearing exercises are important to stimulate as they help prevent age-related bone loss

## Bone Loading Exercises

# Lower Impact

# Marching on the spot Walking Brisk walking Stamping Stair climbing Gentle heel drops Low step ups forwards or sideways

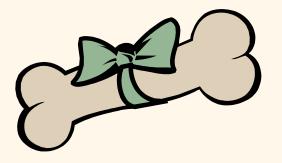
# Higher Impact

Heel drop jumps
Running
Jogging
Bounding
High step ups forwards
or sideways
Skipping
Sideways bounds

### Aim to perform up to 50 repetitions, 4-7 days a week

Other exercise recommendations:

Resistance training
Strengthen muscles around the hip and spine
Complete 2-3 days each week



Balance training
Falls prevention
~3 hours/week

