
Exercises for Osteoporosis



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

