

# HEALTHY IS CONTINUING TO BUILD STRONG BONES



## ENSURE ADEQUATE CALCIUM INTAKE

Adults should aim for about 1,000–1,200 mg of calcium per day.

Source: National Institutes of Health (NIH) Office of Dietary Supplements



## AVOID SMOKING

Smoking damages bone-forming cells (osteoblasts) and decreases blood supply to bones.

Source: U.S. Surgeon General's Report on Bone Health and Osteoporosis



## EXERCISE

Walk, dance, hike, do resistance band workouts, or lift weights 3–4 times per week. Talk with your provider to determine the best exercise for you.

Source: American College of Sports Medicine (ACSM)



## GET ENOUGH VITAMIN D

Adults generally need 600–800 IU of Vitamin D daily.

Source: Endocrine Society Guidelines



## GET SCREENED FOR BONE DENSITY

Men ( $\geq 70$ ) and women ( $\geq 65$ ) should undergo bone density testing (DEXA scan).

Source: U.S. Preventive Services Task Force (USPSTF)



## MAINTAIN A HEALTHY BODY WEIGHT

Avoid being underweight (BMI  $< 18.5$ ) and avoid obesity.

Source: International Osteoporosis Foundation (IOF)



## EAT A BALANCED DIET

Prioritize a diet rich in fruits, vegetables, lean proteins, and healthy fats, with particular attention to magnesium, potassium, and Vitamin K.

Source: Harvard T.H. Chan School of Public Health



## LIMIT ALCOHOL

No more than one drink per day for women and two drinks per day for men.

Source: National Osteoporosis Foundation (NOF)



## MINIMIZE RISK OF FALLS

Fall-proof your home, use assistive devices if needed, and improve balance through exercise.

Source: Centers for Disease Control and Prevention (CDC)



## MONITOR YOUR MEDICATIONS

Review medications with your doctor, certain types of medications can weaken bones.

Source: American Academy of Orthopaedic Surgeons (AAOS)

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