

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 (≥ 70) and women (≥ 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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Contact the Center for Healthy Living today for healthy lifestyle services and support!

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