

## Staying fit & protecting your bones is part of healthy aging.

So choose the right exercises and enjoy the benefits!

Fracture prevention starts with:

- **Spine Protection:** avoid rounding forward and excessive twisting
- **Hip & Wrist Protection:** Practice balance and standing on one leg regularly to prevent falls

If you have osteoporosis or are at high risk for a fracture, there are a few things to consider:

- Strengthening and weight bearing exercises may reduce bone loss and fractures related to aging and menopause.
- Older adults should include aerobic and balance exercises in their daily activities
- Good posture and safe movements are needed to protect the spine.



# DO IT RIGHT! AND PREVENT FRACTURES!

## The Bone-Healthy Way of Life and Exercise

### Everyday Activities

Keep Your Back Straight. Avoid rounding your spine & shoulders.

#### General Lifting

Stand with your feet a little wider than your hips, keep knees in line with middle toes as you squat to lift an object. Hinge at the hips, keep the chest lifted, shoulder blades back and down and bring the object as close as possible to you.



#### Unpacking Groceries

Keep spine lengthened and straight, chest lifted and knees bent. Rest knees against bumper to brace your body. Hinge at the hips instead of rounding the back to reach into trunk. Lift one bag at a time, keep shoulders back and be sure to watch where you are going.



#### Lifting a Pet

Stand with your feet a little wider than your hips, keep knees in line with your middle toes as you squat to lift a pet or child. Hinge at the hips, keep the chest lifted, shoulder blades back and down and bring the pet or child as close as possible to you. Avoid lifting children who can walk!



#### Brushing Teeth

Keep spine lengthened and straight, chest lifted and knees bent. Hinge at the hips instead of rounding the back to bend towards the sink.



#### The Oven

Keep spine lengthened and straight, chest lifted and knees bent. Hinge at the hips instead of rounding the back to reach into the oven. Use oven mitts for better control of a heavy dish. Drag the dish or pan close to the edge. "Setting" the shoulder blades down and back, draw the object out of the oven.



#### Washing the Dishes

Open the door of the cabinet under your sink and place your foot on the edge of the cabinet floor. Lean against the sink keeping your spine straight to avoid rounding your back over the dishes.



#### Making the Bed

Keep chest lifted, tailbone lifted and brace knees against bed.



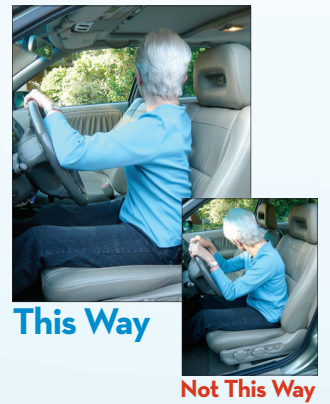
#### Gardening

Use a pad or sit on a small stool to garden. Hinge at the hips, keeping the chest lifted and the spine straight to reach the ground. When standing, avoid locking the knees and also avoid bending forward at the waist rounding your back to work in your garden.



#### Driving

When checking behind, reach right hand behind passenger headrest to brace yourself and keep chest lifted as you rotate.



### Exercising

Considerations for Exercise. Avoid rounding and TWISTING your SPINE.

#### Core Strengthening

Avoid all forms of crunches. Instead, practice core control by drawing in abdominals as you bring one leg at a time to a 90° angle and press lower back down. Alternate touching toes to the floor.



#### Spinal Twisting

Avoid seated or supine extreme spinal twists. Gently rotate the pelvis and legs keeping shoulder blades on the floor.



#### Spinal Stretching

Avoid yoga Forward Fold and Pilates Spine Stretch. Instead do seated chest stretch supported by arms.



#### Postural Strengthening

Avoid yoga Cat Stretch and all rounded back stretches. Instead practice "All 4s" opposite arm and leg raises to strengthen upper back and hips.



#### Spine Strengthening

Avoid yoga Plough, Shoulder Stand, Pilates Rollover and Jackknife. Instead do yoga Cobra, Pilates Swan or Pilates Modified Double Leg Kick.



#### Abdominal Strengthening

Avoid Pilates Rollup and Hundred. Instead do Pilates Single Leg Kick with lower abdominals supporting the back.

