

## Maintaining Bone Fitness as we get older

**What is happening?** Bone loss is a common age-related change. Bone density screening is recommended for (a) women older than 65, (b) men older than 70, (c) anyone older than 50 who breaks a bone with minimal trauma, and (d) anyone with a height loss of more than 1 ½ inches. Calcium and Vitamin D are key in keeping bones healthy. Visit <https://www.nof.org/> to learn more about optimizing nutrition for maintaining bone health.



- Men **and** women are at risk of bone loss as we get older
- Decreased activity levels are **directly linked to** poor bone health

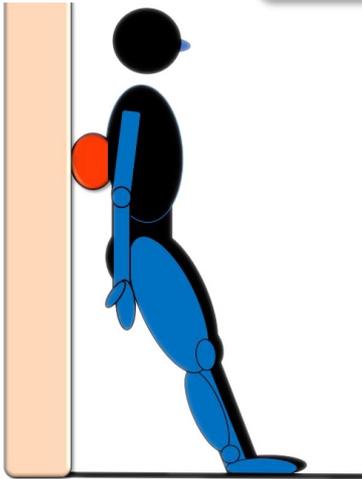
### How to improve!

- **Lift weights** - Train each major muscle group at least 2 x per week. Once you can lift a particular weight more than 12 times in a row, increase the weight.
- **Make an impact** - Weight-bearing exercise such as stair climbing, hiking, and jumping are great for improving bone health. Variety is key, so mix it up!
- **Straighten up** - Good posture protects the spine from compression. Keeping your core and back muscles strong helps you stand tall!
- **Stay balanced** - Improving your balance reactions helps prevent falls.

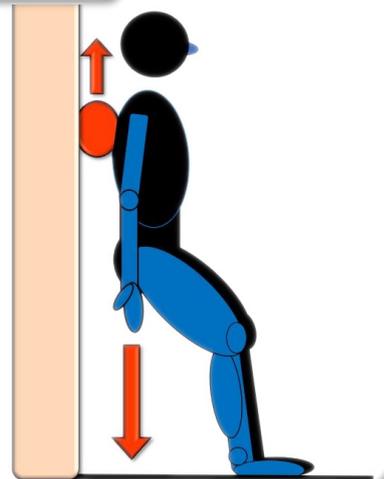
- If you have been diagnosed with osteoporosis or osteopenia, **avoid exercises with excessive bending and twisting.**

## Postural Fitness Training for Athletes 50+

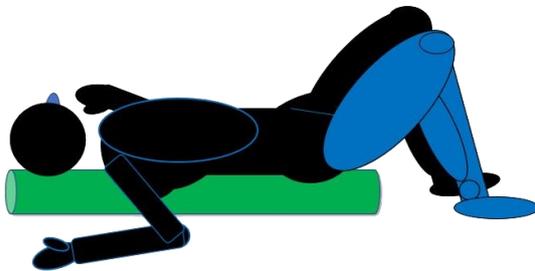
### WALL-SLIDE FOR THORACIC MOBILIZATION



Place a soft ball between a wall and the middle of the back. Leaning against the ball with palms facing forward, slide up and down the wall to mobilize the mid-to-upper back for 1-2 min daily

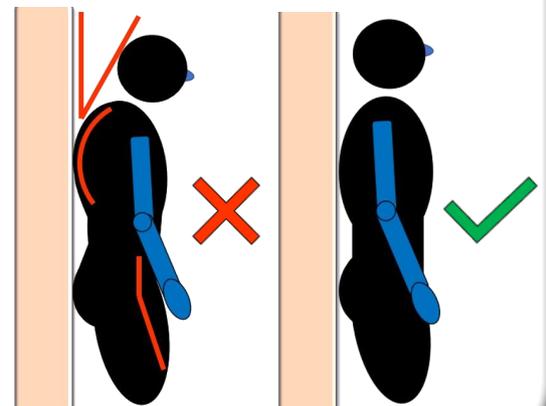


### POSTURAL CORRECTION STRETCH

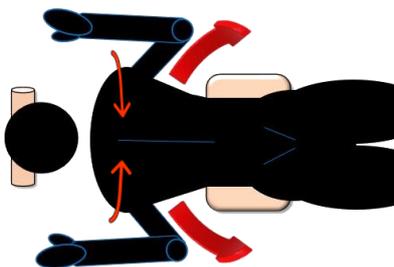


Lie on a foam roller or rolled towel for 1 min with knees and elbows bent and palms facing the ceiling

### STAND TALL!



### BACK STRENGTH TRAINING



Lying on the stomach with a rolled towel under the forehead and a pillow under the stomach, lift arms off the ground while squeezing the shoulder blades together

**Hold for 5 secs. Repeat until fatigued**