

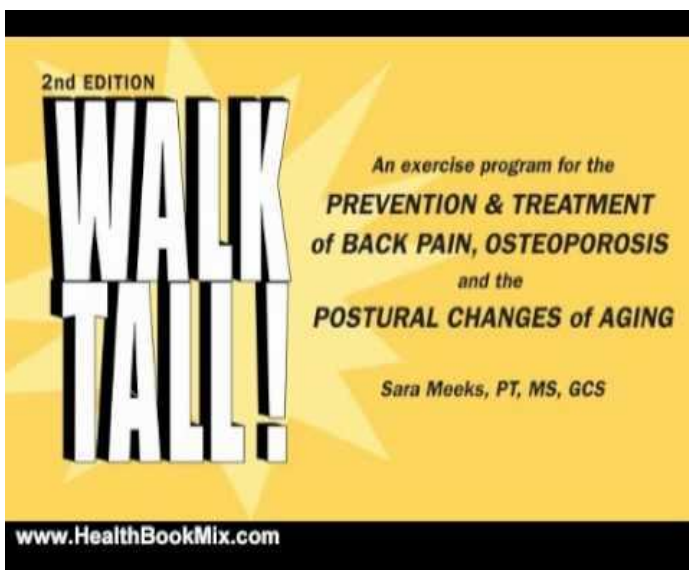
Weight-Bearing Physical Activity

Being active makes your bones strong

- When you jump, run, or lift a weight, it puts stress on your bones.
- This sends a signal to your body that your bones need to be made stronger.
- New cells are added to strengthen your bones.
- Your bones in your dominant arm are slightly larger and stronger from the extra use.
- Regular physical activity has been associated with many positive health benefits including strong bones.
- Like proper calcium consumption, adequate weight-bearing physical activity early in life is important in reaching peak bone mass.
- Weight-bearing physical activities cause muscles and bones to work against gravity.
- Strengthening your body helps prevent falls.
- Protecting yourself against falls is key to avoiding a broken hip or wrist.
- Incorporating weight-bearing physical activity into an exercise plan is a great way to keep bones healthy and meet physical activity recommendations.

Some examples of weight bearing exercises include:

- Walking
- Jogging
- Running
- Weight Lifting
- Gardening
- Hiking



Walk Tall! An Exercise Program for the Prevention and Treatment of Back Pain, Osteoporosis and the Postural Changes of Aging. Walk Tall! By Sara Meeks, PT, contains exercises and movement guidelines safe for persons with osteoporosis.

Everything in the book has been selected for **safety**. Included are site-specific exercises, postural correction, balance, gait, activities of daily living, scapular strengthening with resistance band and guidelines for other activities and gym programs.