



Exercises for stronger bones



Did you know you can exercise your bones?

When most people think of exercise, they think of building muscles or burning fat. But bones can get stronger, too. That's because bones are like muscles—they get stronger the more you use them.



The importance of staying active

Breaking a bone can mean a long recovery time or a loss of independence. If you've had a broken bone, it is important to avoid getting another one. But avoiding activity may not be a good way to protect your bones.



Staying active helps keep bones and muscles strong. This also helps with balance, flexibility, and strength. Not only that, it can reduce your risk of heart disease, high blood pressure, and diabetes.

Exercise safely with osteoporosis

Osteoporosis (os-tee-oh-puh-roh-sis) is a disease that causes bones to become thinner and weaker than healthy bones. This may make it easier for them to break. Even if you have osteoporosis, it's still important for you to get exercise. Staying active can help prevent falls by improving your balance and muscle strength. It can also strengthen your bones. Choose activities that you like and that fit your abilities. Your healthcare provider can help with this.

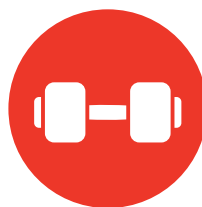


Types of exercise



Weight-bearing

This doesn't mean lifting weights. These exercises make you move against gravity while you are on your feet and legs. Weight-bearing exercises can be high-impact (like jogging) or low-impact (like walking on a treadmill) and are the best for strengthening bone.



Muscle-strengthening

These exercises strengthen muscles. This can mean lifting weights, but it can be as gentle as yoga. These activities help with balance and posture, which can help prevent falls.



If you have osteoporosis, you need to be careful when choosing exercises to do. Always check with your healthcare provider about what's safe for you. In general, avoid exercises with these risks:

- A high risk of falling—as with skiing or skating
- High impact to joints and bones—as with running and jumping
- Twisting and bending—as with golf or sit-ups

Activities like these may strengthen bones and muscles

Weight-bearing activities help build stronger bones:

- Walking
 - Stair climbing
 - Gardening
 - Dancing
 - Hiking
 - Jogging
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Muscle-strengthening activities help build muscle and improve flexibility:

- Swimming
 - Cycling
 - Tai chi
 - Yoga
 - Pilates
 - Lifting weights
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Talk to your healthcare provider.

Be sure to talk to your healthcare provider about the exercises that are best for you, especially if you have osteoporosis.



Tips for a safer workout

Wear shoes with good support and nonslip soles.

You'll be steadier and more comfortable.

Move slowly.

It's better to do exercise movements correctly than to do them quickly.

Have good posture.

Roll your shoulders back and down and tighten your stomach muscles. This helps you stay stable and avoid injury.

Use a walking stick.

Think about using a walking stick when walking or hiking.

Bend from the hips and knees.

You should never bend at the waist, especially when lifting. This can hurt the muscles and bones in the back.

Pick the right activities.

Review the list of activities in this brochure. If you have osteoporosis, avoid any activities that could hurt the spine, like golf.



Try to get at least
30 minutes
of moderate physical
activity 5 days a week.



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