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!**

To receive a postural training exercise program specifically for you, find a local physical therapist at www.ChoosePT.com

**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.