

Too Fit to Fall or Fracture

Strength Training At least 2 days/week

- ▶ Exercises for legs, arms, chest, shoulders, back
- ▶ Use body weight against gravity, bands, or weights*
- ▶ 8 - 12 repetitions per exercise



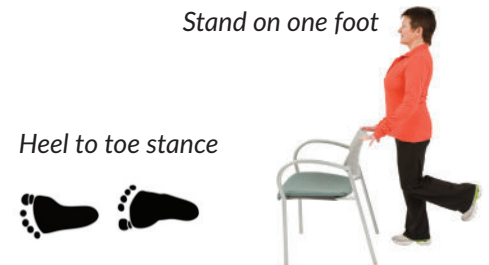
Try these to get started:

- Classes at YMCA/community centre
- Consult a physical therapist/kinesiologist
- Contact Osteoporosis Canada



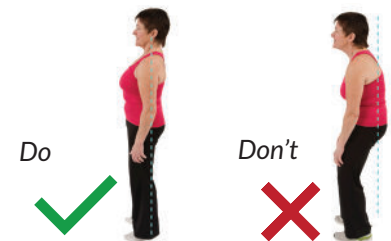
Balance Exercises Every day

- ▶ Tai Chi, dancing, walking on your toes or heels
- ▶ Have a sturdy chair, counter, or wall nearby, and try (from easier to harder): shift weight from heels to toes while standing; stand heel to toe; stand on one foot; walk on a pretend line



Posture Awareness Every day

- ▶ Gently tuck your chin in and draw your chest up slightly
- ▶ Imagine your collarbones are wings - spread your wings slightly without pulling your shoulders back



Aerobic Physical Activity At least 150 mins/week

- ▶ Bouts of 10 mins or more, moderate to vigorous intensity*
- ▶ You should feel like your heart is beating faster and you are breathing harder
- ▶ You might be able to talk while doing it, but not sing

Examples:

- Brisk walking
- Dancing
- Jogging
- Aerobics class

*If you have a spine fracture, consult a physical therapist/kinesiologist before using weights, and choose moderate, not vigorous aerobic physical activity

Contact Osteoporosis Canada: English 1 800 463 6842 / French 1 800 977 1778 or www.osteoporosis.ca
Locate a Bone Fit trained instructor: English 1 800 463 6842 / French 1 800 977 1778 or www.bonefit.ca

Strength Training (more examples) At least 2 days/week

Other exercises include:

- ▶ Upright row
- ▶ Step up



Upright Row



Step Up

What are spine sparing strategies?

Spine sparing strategies help “spare” the spine from injury. Injuries to the spine can occur when we lift something heavy, bend far forward (e.g. tying shoes) or twist the spine (especially if we do it quickly, repeatedly or twist all the way to the side). Learn how to safely do daily activities here: <http://www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture/>

Spine sparing strategies:

- ▶ Bend with your hips and knees, not your spine
- ▶ Turn your whole body rather than twisting your spine



Using a stool to tie shoes



Do



Don't

Step-to-turn



Goals and next steps:

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