

Exercises

Bones, like muscles, respond to exercise by becoming stronger. Weight-bearing and muscle-strengthening exercises can help build bone strength. Exercises also improve coordination and balance and thereby decrease for falls and fractures.

Low-impact weight-bearing exercises

Muscle strengthening exercises

With these exercises, also called resistance exercises, you move your body against resistance (for example, use of elastic bands) or use weights (dumbbell or your own body weight). Contracting your muscles strengthens your bones. Copyright (c) 2019

- Lifting free weights
- Using elastic exercise bands
- Using weight machines
- Lifting your own body weight
- Functional movements, such as standing and rising up on your toes

More information, including videos on exercises can be found at:
<https://www.nof.org/patients/treatment/exercisesafe-movement/>