

Strong bones support lifetime health

Strong bones support a lifetime of health. When you were a kid, your parents probably told you to drink your milk to build strong, healthy bones. It is important to take care of your bones when you are young. But even as an adult, eating well and exercise can improve bone health. Start now to practice healthy behaviors that can keep your bones healthy at all stages of your life.



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Quick facts on healthy aging:

1 Weak bones can break easily, even from a small bump or fall. Broken bones can be very painful and make it hard to do everyday activities. Children and older people are at higher risk for bone breaks.



2 Many things can affect how strong your bones are. These include your sex, your family background, the foods you eat, how active you are, your hormones and your daily habits.

3 Smoking tobacco or using e-cigarettes can weaken your bones. But so can making unhealthy food choices and drinking too much alcohol.



4 Men usually have stronger bones than women. Older women can lose bone mass more quickly. Ask your doctor about a test to measure how strong your bones are. They may recommend certain supplements or medications to help you strengthen your bones.

5 Consuming foods such as yogurt and low-fat cheese can help build your bones. Regular exercise can keep you strong and strengthen bones as well.