



Maintaining Bone Health: Post-Menopausal Women

Did You Know?

Approximately half of American women over the age of 50 will experience a bone break or fracture due to osteoporosis during their lifetime.

Protect yourself by strengthening your bones by engaging in physical activity.



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Maintaining bone health is very important, since bone density gradually decreases with age. This is especially important for post-menopausal women who are at a higher risk for developing osteoporosis.

Being physically active helps to promote bone health and reduce the risk of falling, by increasing balance and muscle strength. To maintain or increase bone health, it is recommended to engage in 30 minutes of weight-bearing activity most days each week.

Listed below are examples and types of exercises you can perform to maintain or increase bone strength:

- **Weight-Bearing Exercises-** Include walking, jogging, dancing, playing tennis, and climbing the stairs, among other similar activities. All of these activities place a force on your muscles and bones, making them stronger.
- **Strength-Training Exercise/Resistance Exercises-** Include weight lifting, bodyweight exercises (such as lunges or pushups), and performing resistance band exercises. These types of exercises should be done 2-3 times per week, on non-consecutive days.
- **Balance Exercises-** Falls are a common cause of fractures among older adults. Performing balance exercises throughout life can help to lower the risk of falling and decrease the risk of bone fractures. There are many types of balancing exercises. Yoga and other simple exercises, such as standing on one leg for 10-30 seconds, are a few examples. For an added challenge, try closing your eyes during a balancing activity.

There are many ways to protect your body from bone loss. Be proactive about your health by engaging in weight-bearing, strength training and balancing exercises.