

Osteoporosis: how to stay active safely



Most people with osteoporosis:

Weight-bearing exercises:

About 50 moderate impacts on most days (jumps, skips, jogs, hops, etc).

Muscle strengthening exercises:

2-3 days of the week (non-consecutive days)...

- Aim for 20-30 minutes of muscle resistance exercise, working on legs, arms and spine
- Work gradually using bands and weights – aiming for the most you can lift, 6-8 times
- Build up to 3 sets of each exercise.

Anyone with spinal fractures or unable to do moderate impact exercise:

Weight-bearing exercises:

20 minutes lower impact exercise on most days – make it part of your regular exercise routine.

Muscle strengthening exercises:

2-3 days of the week (non-consecutive days)...

- Aim for 20-30 minutes of muscle resistance exercise, working on legs, arms and spine
- Working gradually using bands and weights – aiming for the most you can lift, 6-8 times
- Build up to 3 sets of each exercise.

Anyone not physically strong or able to do regular exercise:

Weight-bearing exercises:

At the very least, avoid prolonged sitting or lying down. Stand up for a few minutes every hour.

Muscle strengthening exercises:

2-3 days of the week (non-consecutive days)...

- Aim for 20-30 minutes of muscle resistance exercise, working on legs, arms and spine
- Working gradually using bands and weights – aiming for the most you can lift, 6-8 times
- Build up to 3 sets of each exercise.