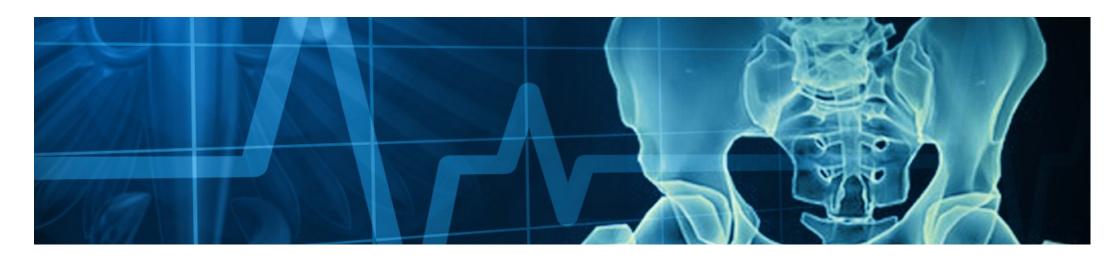# National Osteoporosis Month
Bone Health Basics

Get the Facts

When you think about staying healthy, you probably consider lifestyle changes to prevent conditions like cancer and heart disease. Keeping your bones healthy to prevent osteoporosis may not be at the top of your list, but it should be. Some people think of bones as hard and lifeless. They're living, growing tissue. Bones are made up of three major parts that make them flexible and strong. It's never too late, at any age, to take steps to protect your bones!

Are you at risk?
There are a variety of factors that put you at risk for developing osteoporosis. Talk with your health care provider about your risk for osteoporosis. Work together to develop a plan to protect your bones.

Diet: What You Need to Know

The foods you eat can affect your bones. Learning about foods that are rich in calcium, vitamin D and other nutrients that are important for your health will help you make healthier food choices every day.

Getting enough calcium and vitamin D is essential to building strong, dense bones when you're young and to keeping them strong and healthy as you age.

Exercise for Strong Bones

There are two types of exercises that are important for building and maintaining bone density: weight-bearing and muscle-strengthening exercises. Learn about each type of exercise and how you can add them into your routine.

Additional Resources:
- General Facts
- What Women Need to Know
- Just for Men

Prevention & Healthy Living

Whatever your age, the habits you adopt now can affect your bone health for the rest of your life. What can you do to protect your bones?
- Get enough calcium and vitamin D.
- Eat a well-balanced diet.
- Eat foods that are good for bone health, such as fruits and vegetables.
- Engage in regular exercise.
- Avoid smoking.
- Limit alcohol to two drinks or less in a day for men or one drink or less in a day for women, if at all.