



## Being active with a health concern.



For further information talk to your health care professional or contact:

**Osteoporosis Australia**  
**Phone: 07 3857 4200**  
**Web: [www.osteoporosis.org.au](http://www.osteoporosis.org.au)**

## Osteoporosis

Osteoporosis is characterised by the loss of calcium and bone tissue in the bones, which makes them susceptible to fracturing (breaking). In Australia, around half of all women and one third of men over 60 years have osteoporosis. Women are more susceptible because the hormonal changes of menopause worsen bone loss.

Research suggests that people with existing osteoporosis can benefit from being physically active. A sedentary lifestyle encourages the loss of bone mass. Regular physical activity reduces the rate of bone loss and conserves the remaining bone tissue, reducing the risk of fractures.

Most fractures occur due to a fall. Being active builds muscle strength and can improve balance, which may help reduce the likelihood of falling, thereby reducing fractures.

Activities ideal for a person with osteoporosis include:

- Walking
- Tai Chi
- Low impact aerobics
- Weight training using free weights such as dumbbells and barbells
- Resistance training using rubber tubes
- Dancing
- Activities to improve posture, balance and body strength

### STAY ACTIVE:

Staying active can prevent or manage osteoporosis (thinning of the bones) by maintaining bone density.

### Important:

*Always plan your physical activity program under the supervision of your doctor or health care professional.*

*Your health care professional can help select and monitor the most suitable activities for you!*

**Find activity options at:**  
[getactivegoldcoast.com.au](http://getactivegoldcoast.com.au)

**Get up, get out...  
get active!**