Follow these prevention strategies to prevent bone loss.

1. **DAILY CALCIUM** from food + supplements = 1,000 - 1,200 mg. Read nutrition labels for calcium!
   - On days that you eat 2 servings of dairy or calcium-rich foods you may not need a calcium supplement.
   - On days you don’t eat 2 servings of calcium rich food, you may need a supplement.
   - If you **do not** eat dairy foods, you need to find other calcium-rich foods or take a calcium supplement (only 500-600 mg at a time).

2. **VITAMIN D** is needed for calcium to be absorbed. Few foods provide vitamin D. Although sun exposure is a source, it is not reliable. Take a vitamin D supplement to get 1,000 - 2,000 IU per day.

3. **QUIT SMOKING** - Smoking increases fracture risk.

4. **MODERATE ALCOHOL**- Having 3+ drinks a day affects vitamin D levels, nutrition, and fall risk.

5. **WEIGHT BEARING ACTIVITY** loads the skeleton and prevents bone loss, but modify your exercise (strength training, yoga, Pilates, etc.). Avoid forward flexion (rounding your back), extreme twisting and extreme side bending. Do posture and balance exercises daily.

6. **IF YOU ARE ON OSTEOPOROSIS MEDICATION** see your doctor to find out why.

If you have any changes in your health, your risk results may change.

Notes: