

# What About My Bones

## *My Bone Health Plan*



A comprehensive bone health plan includes bone-healthy [nutrition](#), [physical activity](#), [safe exercise](#), [good posture and body mechanics](#), [fall prevention](#), and [medication](#), if appropriate.

### Basic bone health strategies for everyone include:

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 absorption. Few foods provide vitamin D. Sun exposure is not recommend and is not a reliable source of vitamin D. You may need to take a vitamin D supplement.
  - ☐ Healthy adults need 15–20 mcg (600–800 IUs) of vitamin D per day (depending on age).
  - ☐ If you are vitamin D deficient you may need a higher dose—25–50 mcg (1,000–2,000 IU) per day.
3. **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.
4. **QUIT SMOKING** Smoking increases fracture risk.
5. **LIMIT ALCOHOL** Having more than 2 drinks a day affects vitamin D levels, nutrition, and fall risk.

**If your health changes, you may need to change your *Bone Health Plan*. Talk with your Health Care Provider.**