STEP UP for BONE HEALTH

THE 5 STEPS

1. EAT BONE-HEALTHY FOODS

WHAT IS OSTEOPOROSIS?
Osteoporosis is a disease which causes the bones to become weak and fragile, so that they break easily, even after a minor fall from standing height, a cough or a sneeze!

2. EXERCISE FOR STRONGER BONES AND MUSCLES

3. MAINTAIN A HEALTHY BODY WEIGHT

4. DON’T SMOKE AND AVOID EXCESSIVE ALCOHOL INTAKE

5. BE ALERT TO ANY PERSONAL RISK FACTORS

www.worldosteoporosisd.org

* National Academy of Medicine (USA)