Vitamin D helps build better bones by increasing calcium absorption, which strengthens bones. It's like the key that unlocks calcium's potential. Make bone-healthy nutrition a part of your life.

bit.ly/3MzQTDm

#VitaminD #BuildBetterBones on #WorldOsteoporosisDay

Boost your bone health with these #HealthyHabit tips:

1. Say NO to smoking! It harms your health & weakens your bones.
2. Excessive #alcohol consumption impacts on your #bonehealth, increasing the risk of fractures. Moderation is key!

#BuildBetterBones #WorldOsteoporosisDay
Embrace an active lifestyle! #Exercise is the key to strong bones at any age. Weight-bearing activities like walking, running & weightlifting help build & maintain bone density, reducing the risk of #osteoporosis. #BuildBetterBones on #WorldOsteoporosisDay

bit.ly/3ONn5G5

#BuildBetterBones by getting enough #calcium in your #diet! Whether it's with #yogurt, #milk or fortified plant-based alternatives, be sure to nourish your bones with calcium daily.

#BoneHealth #WorldOsteoporosisDay

bit.ly/43DCz3T

Boost your #bonehealth with these tips
#LimitAlcohol to 2 units/day
Slash the salt: High sodium intake can weaken your bones
Curb the caffeine: Moderate coffee & energy drink intake

See #osteoporosis risk factors: bit.ly/3WWPg7T

#BuildBetterBones #WorldOsteoporosisDay

Remember, in addition to #calcium #protein #vitaminD, a well-rounded diet with plenty of fruits & vegetables, #vitaminK, #magnesium #zinc & other minerals, will help keep your bones strong & healthy!

#BoneHealth #Nutrition #WorldOsteoporosisDay

bit.ly/3MAhxfy
Stay strong not skinny! No matter what your age, a healthy body weight benefits your #bonehealth and overall wellbeing. Be sure to maintain a balanced diet with enough calories & nutrients.

#nutrition #diet #BuildBetterBones on #WorldOsteoporosisDay

bit.ly/42k0lka

Do you have #osteoporosis risk factors? The IOF Osteoporosis Risk Check is a quick & easy way to alert yourself to any risks you may have - so you can ask for timely assessment & treatment if needed. #WorldOsteoporosisDay #BuildBetterBones

http://riskcheck.iofbonehealth.org/

Say yes to protein-rich foods! #Protein promotes bone & muscle strength in older adults, decreasing the risk of falls & aiding recovery following a fracture. In young people, protein helps bones develop and grow optimally.

#WorldOsteoporosisDay #BuildBetterBones

bit.ly/3C9gHBA