Six steps to healthy bones

Contact the National Osteoporosis Society (NOS)
To find out whether you are at risk of osteoporosis and for information on bone health contact the NOS on 01761 471771 or visit the website at www.nos.org.uk

1. Eat a balanced diet, rich in calcium
The best sources of calcium are milk and dairy products, such as cheese and yogurt. Non-dairy sources of calcium include leafy green vegetables, baked beans, bony fish and dried fruit.

2. Take regular weight-bearing exercise
Exercise such as running, skipping, aerobics, tennis and even brisk walking exert a loading impact, which keeps bones strong. Try to exercise at least three times a week for a minimum of 20 minutes.

3. Don't drink too much alcohol
Limit the amount of alcohol you consume to 28 units per week for men and 21 units for women as drinking excessive amounts of alcohol has a damaging effect on bone.

4. Don't smoke!
Smoking has a toxic effect on bone in men and women. Not smoking will benefit your bones and your general health and fitness.

5. Contact your GP
If you find that you are at risk of osteoporosis, discuss this with your doctor.

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