

# Bone Health Tips from Orthopaedic Surgeons



## Stay active with weight-bearing activities

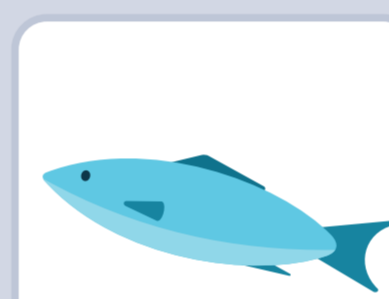
Consider any of the following weight-bearing activities three times a week for at least 30 minutes: brisk walking or jogging; weight training; team sports; dancing or aerobics.

## Get enough Vitamin D

Vitamin D is necessary for strong bones and muscles. The body needs at least 1000 International Units (IU) per day from diet. Without Vitamin D, our bodies cannot effectively absorb calcium, which is essential for good bone health.

### Vitamin D Rich Foods

FISH



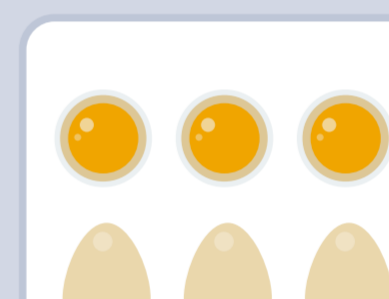
600 IU

MILK



80-124 IU

EGGS



41 IU

CHEESE



6 IU

## Reduce your risk of fractures caused by falls by fall-proofing your home.

Declutter your home by clearing hallways and stairs. Secure loose rugs with double-faced tape and slip-resistant backing.



For more bone building tips,  
visit [OrthoInfo.org](http://OrthoInfo.org)

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