

Exercising to Promote Bone Health

Bone density is important for nutrition. In the course of aging, your bone density changes. It is vital to maintain bone density. There are certain exercises you can do to ensure your bones will remain healthy. The main problem affecting bone health is osteoporosis. Arthritis in your bones may be another problem. All of these result from age-related weakening of bones or joints. These conditions not have negative effects on your health, but can cause pain as you age. Preventing bone loss from a younger age can help you to retain your health for a longer period of time.

Ensuring you are getting enough calcium in your daily diet is the first thing to do to maintain bone health. This will help you maintain your optimum bone density. There are a variety of foods you can eat and calcium supplements you can take each day to ensure that you are getting an adequate amount of calcium. From here, there are exercises you can do in order to retain healthy and strong bones.

The major group of exercises that will help with bone health are those that are considered strength training or weight-bearing exercises. Activities such as soccer, basketball, tennis, baseball, dancing, aerobics, and walking are good cardio vascular strength training exercises that can benefit your bone density. Weight lifting is also proven to help maintain bone health. The first reason that these types of exercises benefit your bone health is that they provide for the stimulation of bone formation. The bones are engaged along with the movement of the rest of your body. Subsequently, the muscles that are connected to your bones will be strengthened, providing extra support for your bones.

Different exercises will also benefit other aspects of your life, all which relate to bone health. Exercising to improve your flexibility and balance is also important for healthy bones. This decreases the chance of getting broken or depleted as you age. Balance and flexibility also help prevent falls and injuries from occurring. It is very common for older people to fall or suffer injury and have difficulty recovering because of poor bone health as a result of a lack of exercise.

Your bone health is an important factor contributing to your overall health. By making sure that you are consuming enough calcium as well as getting the necessary amount of exercise, you will be able to increase your bone strength and prevent injury as you age. If you prioritize increasing bone strength and bone density now, you will be rewarded later as you age more comfortably and with less pain.