

## NUTRITION



DAILY **CALCIUM** INTAKE  
FRUITS AND VEGETABLES

## EXERCISE



STRENGTH-TRAINING AND  
WEIGHT-BEARING WORKOUTS

## HABITS



AVOID **SMOKING** AND  
**ALCOHOL** DRINKING

## DOCTOR CONSULTING



ASK FOR TESTING, STICK  
TO TREATMENT IF PRESCRIBED

## SUPPLEMENTS



MAINTAIN AN ADEQUATE  
SUPPLY OF **VITAMIN D**

# OSTEOPOROSIS PREVENTION



**1. EXERCISE REGULARLY**



**2. CALCIUM**



**3. MAGNESIUM**



**4. VITAMIN D**



**5. VITAMIN K-2**



**6. NORMAL WEIGHT**



**7. NO SMOKING AND DRINKING**



**8. ENJOY SUNSHINE IN MODERATION**

# Osteoporosis Prevention Guide

**Xiang Xie**



## **Osteoporosis Prevention Guide:**

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