

TOP 5 TIPS TO PREVENT OSTEOPOROSIS



REGULAR EXERCISE 1

Aim to engage in aerobic exercises like walking AND weightbearing and resistance exercises daily

2 HEALTHY DIET

Healthy diet rich in Calcium and Vitamin D - green leafy veg, dairy, oily fish, red meat eggs.



STOP SMOKING 3

Smoking is associated with an increased risk of osteoporosis.

4 GET EXPOSED TO SUN

Sunlight triggers production of Vitamin D which helps absorption of calcium in your bones.



LIMIT ALCOHOL AND CAFFEINE 5

Both alcohol and caffeine affect bone health and increased consumption increases the risk of osteoporosis.



Prevention And Treatment Of Osteoporosis

SA Adler



Prevention And Treatment Of Osteoporosis:

Reviewing **Prevention And Treatment Of Osteoporosis**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Prevention And Treatment Of Osteoporosis**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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