



# BONE HEALTH

You are never too young or old to act when it comes to protecting your bones. Bones are like the foundations and support walls of a building; if they are strong, the building is strong and can weather all sorts of conditions for many years. Healthy, strong bones enable us to lead long, healthy, active and independent lives. Healthy Bones Action Week (7th - 13th August) calls on Australians to take the three actions to build and maintain healthy bones.

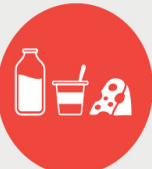

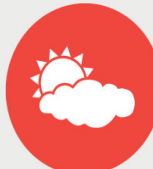
## Why do we need Strong Bones?

Our bones are responsible for many of our body's crucial functions, including movement, organ protection, production of blood cells, storage of minerals, and support for the rest of our body.

Not looking after your bones can increase your risk of breaks; a break can affect your quality of life and cause severe pain or disability.

Poor bone health can largely be prevented through following some simple recommendations as listed opposite, so get on the path to healthy bones today!

## Three Simple Actions for Strong Bones

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<b>CONSUME</b> Milk, cheese and yoghurt for calcium		<b>EXERCISE</b> Do weight bearing exercise		<b>VITAMIN D</b> Get safe sunshine for vitamin D

## Dairy-Free Calcium Alternatives

If you don't eat dairy products, there are plenty of other ways to get your calcium fix:

- White beans
- Canned salmon
- Sardines
- Dried figs
- Bok choy
- Kale
- Almonds
- Oranges
- Sesame seeds
- Fortified foods

**Bones play many roles in the body – providing structure, protecting organs, anchoring muscles and storing calcium.**

**Focus on your bone health this month - up your calcium intake and get out for a walk or jog in the winter sunshine.**

**2 OUT OF 3 AUSTRALIAN ADULTS OVER 50\***  
ARE AFFECTED BY OSTEOPENIA AND OSTEOPOROSIS

\* Mostly female. Watts JJ et al, Osteoporosis costing all Australians: A new burden of diseases analysis 2012-2022.

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**\$7 BILLION PER YEAR (Est.)** CURRENT COST OF THIS DEBILITATING BONE DISEASE ON THE AUSTRALIAN ECONOMY

