

Exercise and Bone Health

Exercise plays an important role in maintaining bone health. Research has demonstrated that when it comes to our bones not all exercise is equal. Bones benefit when a certain amount of impact or strain is placed on them making specific types of exercise most beneficial.

The ability of an exercise to have an impact on bone depends on the specific way that stress is applied to the bone during the exercise. Exercise is also important for the size, strength and capacity of our muscles which is essential to maintain mobility. Exercise must be ongoing to have a proper benefit.

Exercise Goals Throughout Life

Exercise goals for bone health change over time from:

- building maximum bone strength in childhood and adolescence
- maintaining muscle and bone strength in adulthood
- reducing bone loss in older age and maintaining muscle strength to support mobility and balance

Specific Types of Exercise to Support Bone Health

Weight bearing impact loading exercise. What is it? Exercise done on your feet so you bear your own weight which jolts bones rapidly and firmly.

- Examples: jogging, skipping, basketball, netball, tennis, dancing, impact aerobics, stair walking.

Resistance training. What is it? Using hand and ankle weights and gym equipment.

- Example: training with weights which progress in intensity over time.

Balance Exercises and Preventing Falls

For older Australians balance and mobility exercises can also help to reduce falls which can lead to fractures. Half of all falls occur around the home. Balance exercises typically include:

- Standing still exercises eg: standing on one leg, standing tall raising arms, put one foot in front of the other and hold, tai chi
- Moving exercises eg: walking in small circles, walking with sudden change of direction, stepping over obstacles, walking on toes, walking with arms raised above the head
- Dual task exercises eg: standing on one leg while throwing and catching a ball

General Exercise Guide

Please refer to the Healthy Bones Australia Exercise Guide based on guidelines published by Exercise and Sports Science Australia and is a general guide to appropriate exercise for the prevention and management of osteoporosis. This can be shared with a personal trainer as required. Note - exercise should be conducted within your capacity and supervised exercise is recommended for people with diagnosed osteoporosis.

Supervised Exercise Program – Healthy Bones Australia has aligned with an accredited exercise program called ONERO. This training approach is based on research studies conducted in women and men with osteoporosis. Exercise professionals must complete a certified training program to deliver ONERO training to members of the public. To find an ONERO Accredited Practitioner near you visit: www.onero.academy/osteoporosis-exercisess

Note: the ONERO Academy program is accredited by Exercise and Sport Science Australia and was developed by Professor Beck of Griffith University.



For more information

Call our toll-free number
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