

## Fall prevention tips

Staying safe can be easier with the following tips:

- Wear fitting non-slip footwear
- Use a walking aid if you are unsteady on your feet
- Put on proper eyewear if needed
- Ensure adequate lighting at home
- Keep the floor clear of any loose wires and items that may cause you to trip
- Clean spills immediately
- Install grab bars in toilets
- Keep commonly used items within reach

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# Osteoporosis

## Exercise & Fall Prevention Tips

Osteoporosis is a condition of low bone mineral density (BMD) and low bone strength, resulting in an increased risk of fracture.

### Why should we be concerned about osteoporosis?

If someone has decreased bone strength, there is an increased risk of fracture when one falls. These fractures can lead to loss of independence, disability and reduced life expectancy.



# Lifestyle changes

It is proven that changing your lifestyle by exercising regularly and having a balanced diet can help prevent osteoporosis.

## Exercising regularly

Exercise reduces the rate of bone loss and helps to improve muscle strength, thus lowering the risk of falls and injuries.

*\*If you are unsure of the level and type of exercises that you can do, do consult a physiotherapist for recommendations on a suitable exercise programme.*

### Types of exercises

#### Weight-bearing

These exercises are done on your feet, using your body weight. It includes brisk-walking, stair-climbing and dancing.

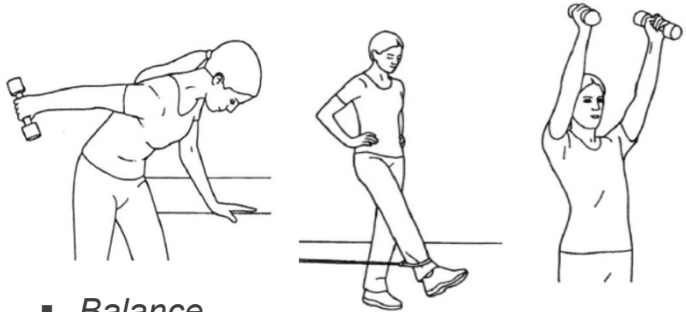
Do ensure that the level of exercise is within your capability. It is recommended that you do 150 minutes of this exercise per week.



#### Strength-training

These exercises help strengthen your muscles and stimulate bone growth. It includes using a resistant band or light weights as loads.

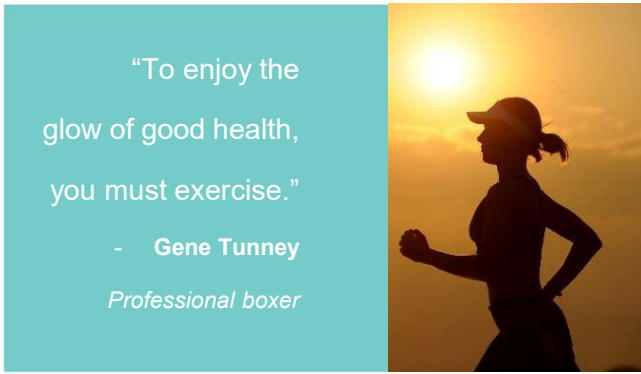
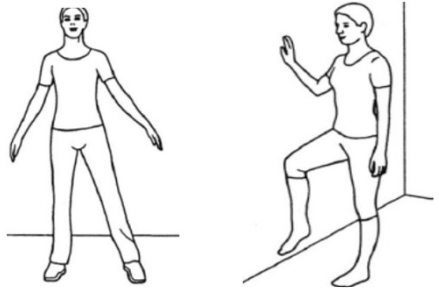
It is recommended that you do 3 sets of 10 repetitions, 3–5 times per week.



#### Balance

These exercises help improve coordination and stability when moving around. It includes standing on one leg, heel-walking, walking in a straight line, and Taichi.

It is recommended that you do 10 repetitions of 10–15 seconds, for 5–10 minutes, 5 times a week.



“To enjoy the glow of good health, you must exercise.”

- Gene Tunney  
Professional boxer

## Having a balanced diet

Calcium is important for building bones. Calcium-rich foods include dairy products and green leafy vegetables.

Another important nutrient is Vitamin D. It is essential in helping your body absorb calcium from the foods you eat. Your body can get Vitamin D from daily exposure to sun for about 10–15 minutes.

It is best to check with your doctor or dietician if you are keen on taking supplements so that they can advise you on the right intake.

## Health tips

- Avoid smoking and excessive alcohol consumption
- Avoid snacking on food with high salt content
- Reduce caffeine intake