

BONES-N-BALANCE PRESENTS:  
*The* **B.O.N.E.S. SERIES**  
SESSION TWO



# O. Is for Osteoporosis

What You Don't Know Can Hurt You

## Strong Bones for a Stronger You



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PHYSICIANS  
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MONTGOMERY COUNTY  
*Recreation*



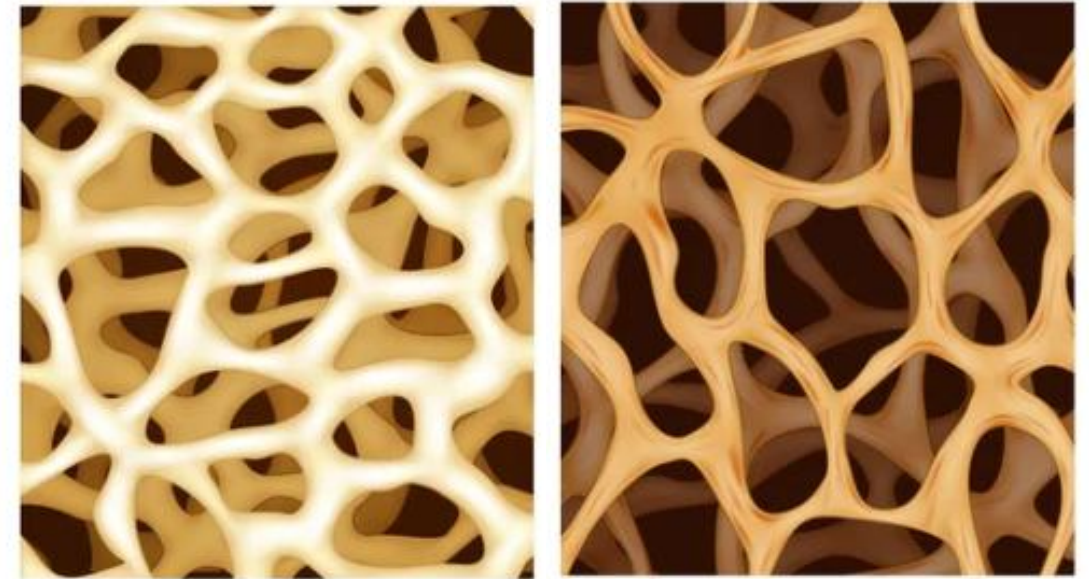
*natural rhythms*  
health and wellness



# What is Osteoporosis?

Osteoporosis means “porous bones.”

- Bones become weak and brittle—so brittle that a fall or even mild stress (like bending or coughing) can cause a fracture.
- Often called a “silent disease” because bone loss happens without symptoms.
- Common fracture sites: hip, spine, and wrist.



Normal Bone

Bone with Osteoporosis



Early stage of bone loss is called **\*\*Osteopenia\*\***, where bone mineral density is lower than normal but not low enough to be classified as osteoporosis.

**Osteopenia is a warning sign and an opportunity to act early.**

# What is Scoliosis?

Scoliosis is a sideways curvature of the spine, most often diagnosed in childhood or adolescence.



- It can range from mild to severe and may cause uneven shoulders or hips.
- In adults, scoliosis can lead to back pain and mobility issues, especially if it worsens with age.
- Severe scoliosis may affect lung function and posture.

**Bone health support and movement exercises are important for reducing discomfort and maintaining flexibility.**

# Risk Factors for Osteoporosis and Osteopenia



- Age (50+), especially postmenopausal women
- Family history of fractures or osteoporosis
- Low calcium and vitamin D intake
- Physical inactivity or prolonged sitting
- Smoking or excessive alcohol
- Certain medications (e.g., corticosteroids)

# Prevention Tips



✓ **Get Moving** – Weight-bearing & resistance activities strengthen bones.

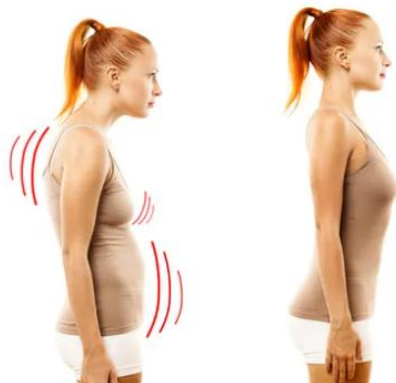


✓ **Eat for Your Bones** – Include calcium, vitamin D, magnesium, leafy greens, beans, and bone broth.

✓ **Sit Less, Move More** – Reduces risk of bone and muscle loss.

✓ **Strengthen Your Posture** – Supports spine and balance.

✓ **Check Your Vitamin D** – Critical for calcium absorption.



# Fun Prevention Activities

## Feel It in My Bones Movement Breaks:

- **Chair Stand Challenge** – builds lower-body strength
- **Clock Reach** – supports posture and balance
- **Dance for Your Bones** – joyful movement to music
- **“O” Stands for Observation** – posture mirror check-in
- **Balance Bean Walk** – walk a taped line like a balance beam



# Impact of Sitting on Bone Health

- Prolonged sitting reduces circulation and signals bones and muscles to “do less.”
- Leads to weakened bones and muscle loss (sarcopenia).
- Increases risk of falls, fractures, and mobility decline.



**“Your bones respond to how much you move —  
or how much you don’t.”**

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**IN CONCLUSION**



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