

# Too Fit to Fall or Fracture

## Strength Training At least 2 days/week

- ▶ Exercises for legs, arms, chest, shoulders, back
- ▶ Use body weight against gravity, bands, or weights\*
- ▶ 8 - 12 repetitions per exercise

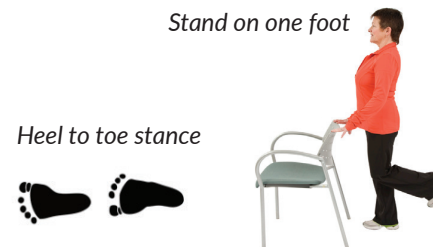
**Try these to get started:**

- Classes at YMCA/community centre
- Consult a physical therapist/kinesiologist
- Contact Osteoporosis Canada



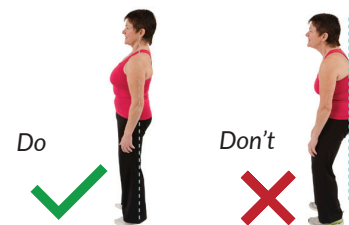
## Balance Exercises Every day

- ▶ Tai Chi, dancing, walking on your toes or heels
- ▶ Have a sturdy chair, counter, or wall nearby, and try (from easier to harder): shift weight from heels to toes while standing; stand heel to toe; stand on one foot; walk on a pretend line



## Posture Awareness Every day

- ▶ Gently tuck your chin in and draw your chest up slightly
- ▶ Imagine your collarbones are wings - spread your wings slightly without pulling your shoulders back



## Aerobic Physical Activity At least 150 mins/week

- ▶ Bouts of 10 mins or more, moderate to vigorous intensity\*
- ▶ You should feel like your heart is beating faster and you are breathing harder
- ▶ You might be able to talk while doing it, but not sing

**Examples:**

- Brisk walking
- Dancing
- Jogging
- Aerobics class

\*If you have a spine fracture, consult a physical therapist/kinesiologist before using weights, and choose moderate, not vigorous aerobic physical activity

Questions? Want a free physical activity booklet? Contact Osteoporosis Canada: English 1 800 463 6842 / French 1 800 977 1778 or [www.osteoporosis.ca](http://www.osteoporosis.ca)

Locate a Bone Fit™ trained instructor: English 1 800 463 6842 / French 1 800 977 1778 or [www.bonefit.ca](http://www.bonefit.ca)



## Strength Training (more examples) At least 2 days/week

Other exercises include:

- ▶ Upright row
- ▶ Step up



## What are spine sparing strategies?

Spine sparing strategies help “spare” the spine from injury. Injuries to the spine can occur when we bend forward or twist the spine quickly or repeatedly, or if we lift something heavy, bend far forward (e.g., tying shoes) or twist the torso all the way to the side. Bending or twisting while holding a weighted object (e.g., groceries, grandchild) is also risky.

Spine sparing strategies:

- ▶ Bend with your hips and knees, not your spine
- ▶ Turn your whole body rather than twisting your spine



## Ready to learn more?

Osteoporosis Canada has developed tools to help you get too fit to fracture!

- ▶ Download a free booklet, one-page summary, and other tools
- ▶ Watch videos about exercise, balance training, and safe physical activity
- ▶ Watch webcasts by expert researchers

<http://www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture/>

Not online? No problem! Just call the hotline number below to order a free booklet.

The information contained in this guide is not intended to replace health professional advice. Consult your healthcare provider or a physical therapist about what exercises are right for you.

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