

Bone Building Activities for the Prevention of Osteoporosis

Initial / Beginner ♣	Moderate ♦ ↑ load / intensity / time	Advanced ♥ ↑↑↑ load / intensity / time
<ul style="list-style-type: none"> ♣ Walking ♣ Square Dancing ♣ Yoga ♣ Weight Lifting ♣ Low Impact Aerobics ♣ Dance ♣ Tai Chi ♣ Gardening ♣ Stair Climbing ♣ Elastic Band Exercises ♣ House Cleaning Activities ♣ Carrying Groceries ♣ Bowling ♣ Golf, Pulling Clubs ♣ Golf, Carrying Clubs ♣ Baseball/Softball 	<ul style="list-style-type: none"> ♦ Walking Uphill ♦ Race Walking ♦ Jogging ♦ Weight Lifting ♦ Step Aerobics ♦ Dance ♦ Racquetball ♦ Downhill Skiing ♦ Cross Country Skiing ♦ Soccer ♦ Basketball ♦ Volleyball ♦ Hiking ♦ Tennis 	<ul style="list-style-type: none"> ♥ Walking with Weighted Vest ♥ Walking with Backpack ♥ Race Walking ♥ Jogging ♥ Running ♥ Soccer ♥ Weight Lifting ♥ High Impact Aerobics ♥ Stair Climbing with Weighted Vest ♥ Basketball ♥ Hiking ♥ Backpacking ♥ Jumping Rope ♥ Gymnastics

Key:

Initial / beginner = START one or more of these activities on a regular basis. Get up and get moving!

Moderate = INCREASE your load, intensity and time of physical activity. Do more, more often!

Advanced = CHALLENGE yourself to keep increasing your load, intensity and time of physical activities. Put effort into building bone!