

**EAT
WELL**

**MOVE
WELL**

**BUILD
STRONG BONES**

Healthy habits today build stronger bones for tomorrow.

Fatty
Fish



Legumes



Climbing
Stairs



Lifting
Weights



Nuts



Yoga



Yogurt



Leafy Greens



Walking



Sunlight





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MOVE WELL

BUILD STRONG BONES

As we age, keeping bones strong becomes more important. Bone loss speeds up—especially for women after menopause—and can lead to fractures and osteoporosis. But there's good news: healthy food, daily movement, and simple habits can help protect your bones at any age.

Bone-Loving Nutrients at a Glance

Nutrient	What it Does	Best Food Sources
Calcium	Builds and maintains bone strength	Milk, yogurt, cheese, leafy greens, tofu, fortified drinks
Vitamin D	Helps the body absorb calcium	Sunlight, fatty fish, eggs, fortified milk
Magnesium	Helps activate vitamin D	Whole grains, nuts, beans, leafy greens
Zinc	Supports bone-building cells	Meat, seeds, whole grains, seafood
Vitamin K2	Helps bind calcium in bones	Cheese, eggs, fermented foods
Protein	Builds and repairs tissue	Eggs, dairy, poultry, fish, beans
Collagen	Gives structure to bones	Bone broth, collagen supplements, protein + vitamin C
Vitamin C	Helps make collagen	Citrus, berries, bell peppers, tomatoes

Habits Your Bones Will Love

- Move daily against gravity – walking, dancing, or climbing stairs all help.
- Strength train 2–3 times/week using light weights or bands.
- Practice balance – try chair yoga, tai chi, or standing heel raises
- Avoid smoking – it weakens your bones.
- Limit alcohol, salt, and caffeine – too much can weaken bones.
- Work with a trainer or physical therapist to stay safe and build strength.

Bone Boosting Nutrition Tips

- ✓ Eat 3 servings of calcium-rich foods each day
- ✓ Include protein with meals (meat, dairy, beans, tofu)
- ✓ Get vitamin D from sunshine or fortified foods
- ✓ Add foods rich in magnesium, zinc, K2, and vitamin C
- ✓ Drink water instead of soda or sugary drinks