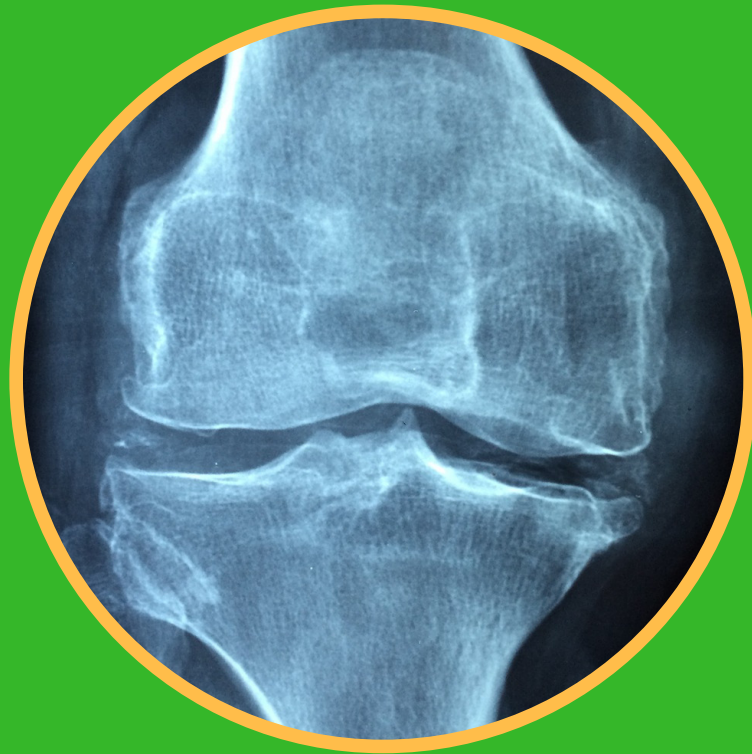


OSTEOPOROSIS



&

EXERCISE



Osteoporosis & Exercise

Osteoporosis is a problem for many women as they get older, (it does happen to men but it happens particularly in women).

Osteoporosis is a common disease affecting over 1 million Australians.

This disease makes bones become brittle leading to a higher risk of breaks than in normal bone.

Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, causing a loss of bone thickness (bone density or mass).



One of the things that really helps osteoporosis is to move, as well as looking at your weight and diet too.

The bone needs to have the muscles moving against the bone to keep them strong. Exercises like Pilates work on balancing the spine, balancing the entire body, working muscle with bone.

We need to move our bodies and then begin to do more stretching rather than just walking or using machines in the gym. It's really important that you use your own body and your own body weight, because that's going to help the muscles get stronger.



It's going to help the muscles to work with the bone and once they're strong there's a decreased risk of osteoporosis.

The exercises I would suggest for you are a mixture of **Pilates**, and **yoga**. Doing things like **push ups, down dog** and **an up dog**, which is all to do with strength and movement of the spine.

A **cat stretch** is movement of the spine. You can move your spine one way and then the other way, creating movement through the spine.



If you do have osteoporosis, you need to watch the exercises you are doing. For instance, if you put your weight on your hands and you have osteoporosis, it could be a little bit too much pressure for your bones.

So there are exercises that you can do to change your hand position to take away the strain so it is not stressful on your bones.

Other ways of doing things like a down dog or cat stretches can be done against the wall. So you could push your hands against a wall and actually start to do that movement as you would with a down dog or cat stretch, moving through the spine.



So things like that would actually help you to keep moving, keeping that bone strength.

If you do have osteoporosis or if you're in the early stages, it is very important not to give up altogether.

Say, "I've got osteoporosis". Acknowledge it, but keep moving your body, keep moving the muscles, keep moving the muscles against the bones, keeping your bones strong.

Also, keeping the muscles strong so they will then create a padding for your bones as well.



I hope you gained enough information here to help you to build your bones.

The trick is to move your body as much as possible without putting stress on your bones.

Adjust exercises to suit your body and be intuitive with your movement.

This Ebook is a collaboration between Jill Healy-Quintard, Yoga Teacher at bodyandbalance & Global Healing Exchange

