



# Exercises for your Bone Health

## 1 Weight-bearing Cardio Exercises

- ✓ Brisk walking
- ✓ Jogging
- ✓ Dancing
- ✓ Stair-Climbing
- ✓ Jumping
- ✓ Skipping



Walking is a great and easy way to improve your bone health. Brisk walking is ideal. However, you may adjust the speed to suit yourself.

## 2 Resistance/Muscle-strengthening Exercise

- ✓ Sit-to-stand
- ✓ Exercise band
- ✓ Senior Fitness Corner
- ✓ Gym



### Sit-to-Stand

You may perform this exercise anywhere with a chair.

This exercise helps to preserve strength in your hip and thigh area.

Firstly, stand with your knees in front of a sturdy chair.

While bending your knees, lower your body as per how you would sit.

Before touching the chair, pause and stand up straight. Repeat 10 times



### Senior Fitness Corner

At the Senior Fitness Corner, you may perform exercises with the equipment available. These may aid in increasing your strength.

Please remember to use with caution.



### Exercise Band

Performing exercises with an exercise band can help to improve your strength and balance

Try doing it 3 times a week



### Senior Fitness Corner - Leg Push

Sit with back straight against backrest.

Hold handrail and with knees bent, place feet on footholds.

Push back slowly until legs are straightened back forward. Repeat.



## 3 Balance Exercises

- ✓ Tai Chi
- ✓ Balancing on one leg



Tai Chi can help to improve:

- Balance
- Coordination
- Bone Health
- Blood Circulation
- Stress Reduction





# 骨骼健康运动

## 1 有氧运动

- ✓ 快步走
- ✓ 跑步
- ✓ 跳舞
- ✓ 爬楼梯
- ✓ 跳跃
- ✓ 跳绳



步行是一个简单的改善你的骨骼健康的运动方式。快步行是一种最理想的运动方法。但是，您可以调整速度以适应自己。

## 2 强化肌肉

- ✓ 坐-站转换运动
- ✓ 运动带
- ✓ 乐龄健身角落
- ✓ 健身房



### 坐-站转换运动

你可以在任何安全的地方使用椅子进行这个练习。这个练习有助于保持臀部和大腿部位的力量。首先，把你的膝盖顶在坚固的椅子前。在弯曲你的膝盖的同时，按照你的坐姿来降低你的身体。在触摸椅子之前，暂停。回到站的姿势。重复10次



### 乐龄健身角落

在乐龄健身角落，你可以使用那些设备。这些运动能助于加强你的体力。请谨慎使用。



### 运动带

运动带练习练习可以帮助你提高你的肌肉力量和平衡。尝试每周练习3次



### 乐龄健身角落 - 腿部伸屈

把背部靠在座位上。握住扶手，膝盖弯曲，将脚放在踏板上。慢慢推回直到腿向前伸直，然后逐渐弯曲膝盖以向前移动。重复



## 3 平衡运动

- ✓ 太极
- ✓ 单脚站



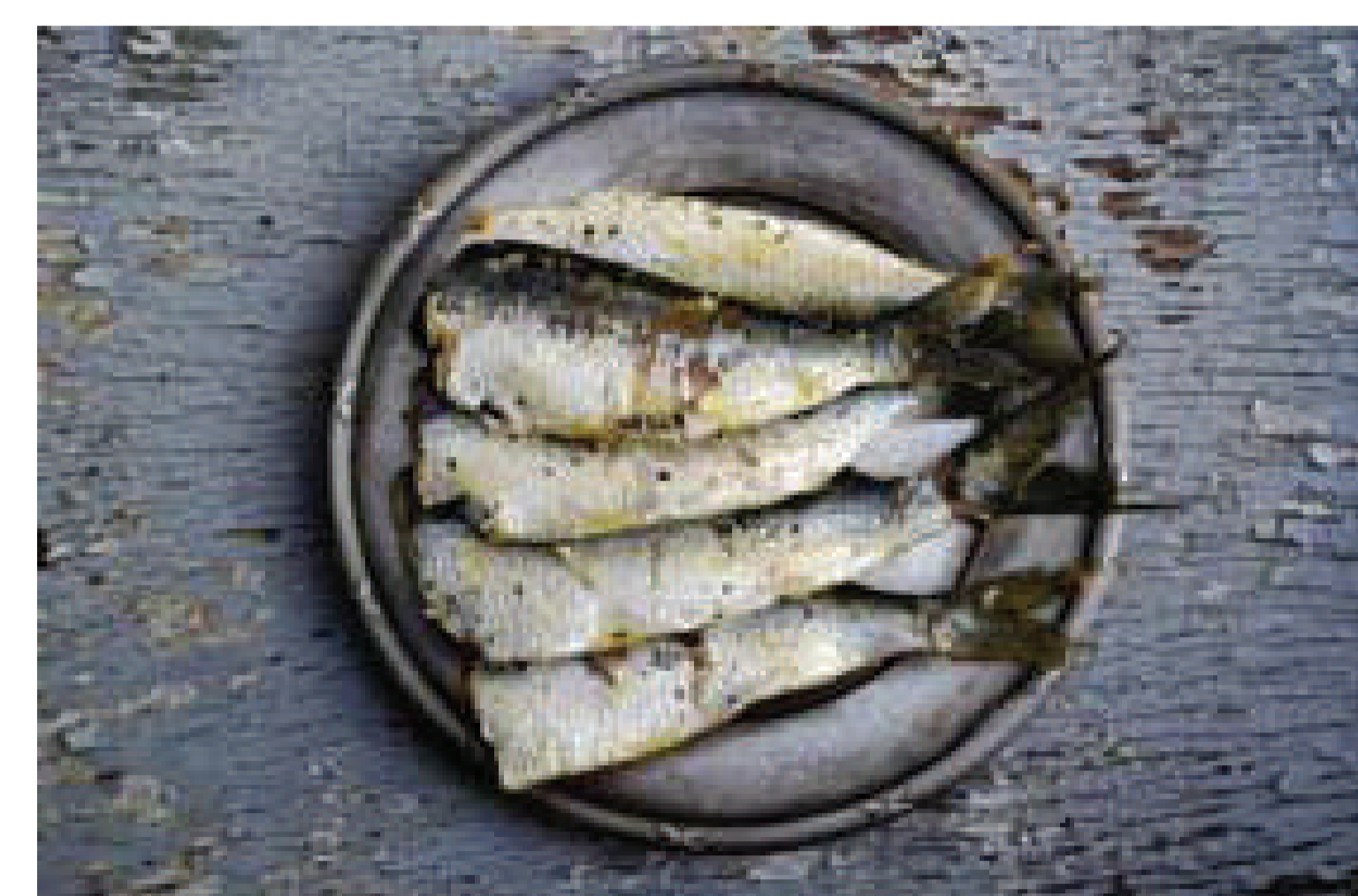
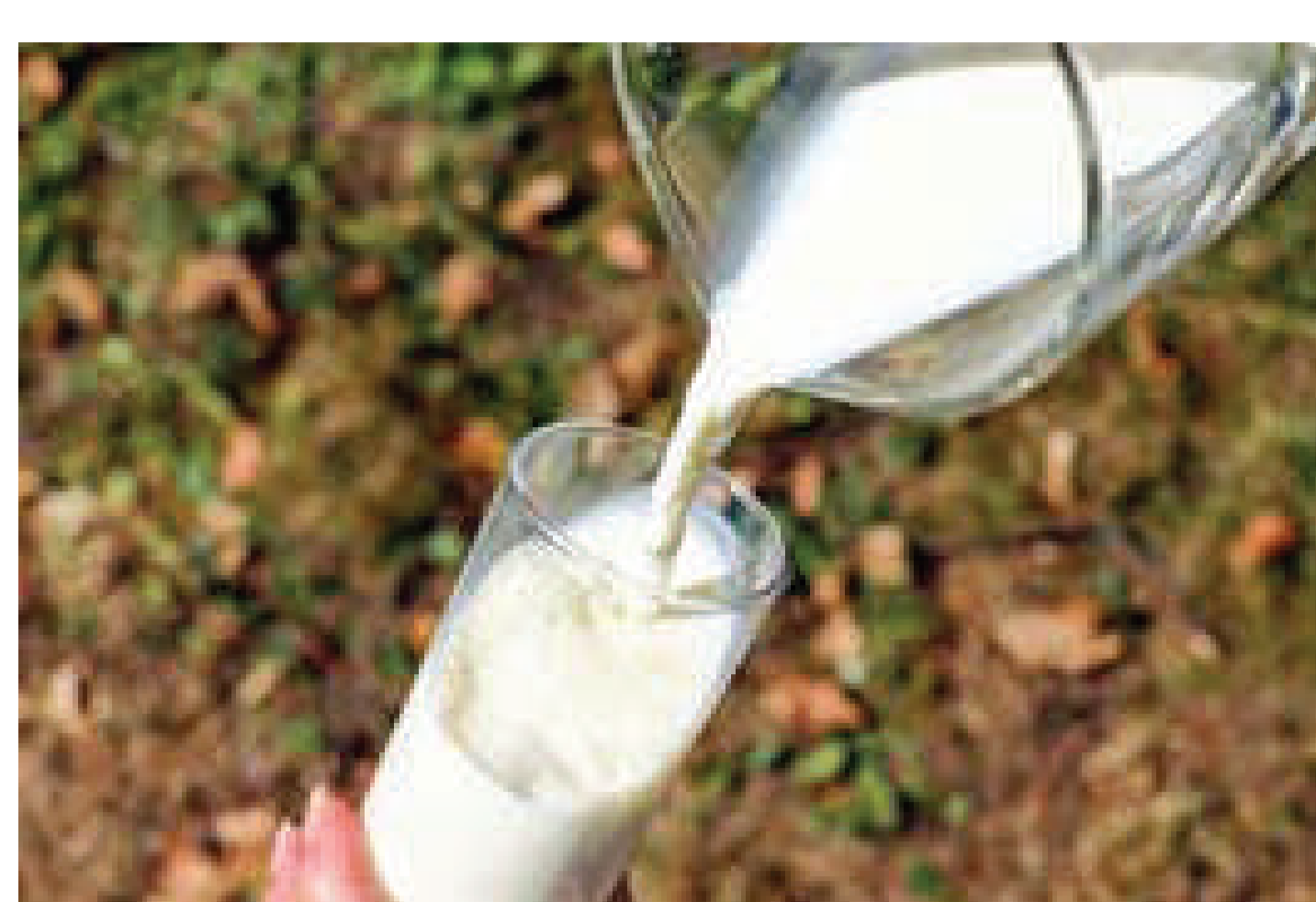
太极可以帮助改善:

- 平衡
- 协调
- 骨骼健康
- 血液循环
- 减轻压力



# Food for Stronger Bones

## Calcium



Age Group	Adolescents (10-18 years)	Adults (19-50 years)	Adults (≥51 years)	Breastfeeding/Pregnant
HPB RDA for Calcium	1000mg	800mg	1000mg	1000mg

## How do we get Enough Calcium?

Let's find out more from our Dietitians!



2 glasses of low fat milk

OR



1 glass of high calcium soy milk



1 cup low fat yoghurt



2 squares of tofu

## Vitamin D

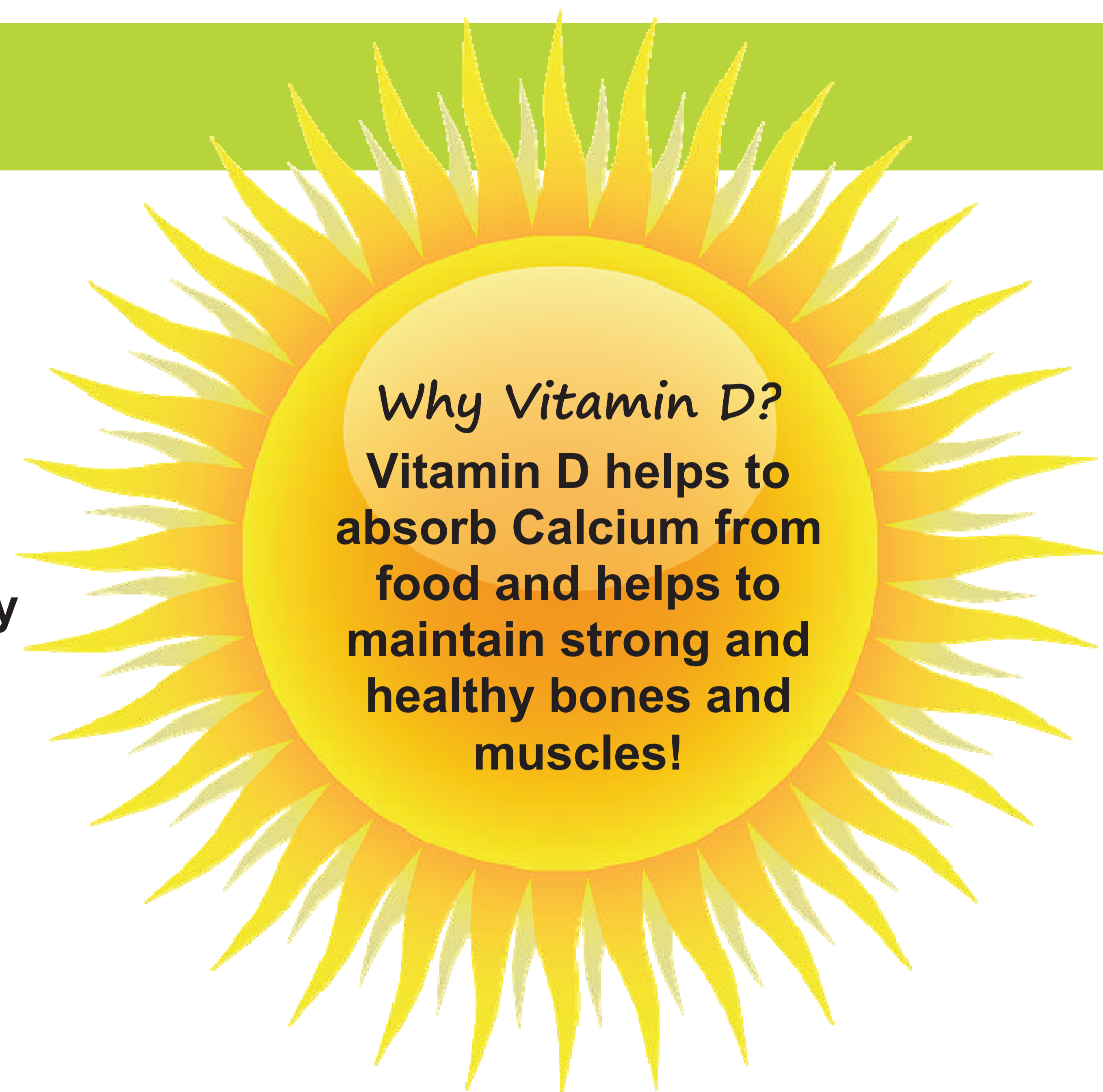
### How Much Vitamin D? Recommendations:

USDA  
Healthy Adults ..... 600 IU per day

International Osteoporosis Foundation  
If at risk for Osteoporosis.....800-1000 IU per day

Vitamin D is made in the skin with sunshine. Spend 15-20 minutes out in the sun to get your daily dosage of Vitamin D

Vitamin from the diet can be obtained from eggs, liver, oily fish, like salmon, tuna, mackerel, cod, or vitamin D fortified cereals.



Why Vitamin D?  
Vitamin D helps to absorb Calcium from food and helps to maintain strong and healthy bones and muscles!

### How Much Vitamin D from your diet? Health Promotion Board (HPB) Recommendations:

All Ages ..... 100 IU per day

Pregnant Women ..... 400 IU per day



### Smoking & Excessive Alcohol Consumption

#### Did You Know?

Smoking and drinking excessive alcohol can cause bone loss and reduce bone formation. Find out what is the alcohol limit from the dietitians!

Brought to you by:



# 强健骨骼饮食

## 钙质



年龄段	青少年 (10-18 岁)	成年人 (19-50 岁)	成年人 (≥51 岁)	哺乳期/孕妇
保健促进局(HPB) 建议钙每日摄入量	1000 毫克	800 毫克	1000 毫克	1000 毫克

## 如何摄取足够的钙质?

让我们向营养师多了解一点



或



两杯低脂牛奶

一杯高钙豆奶

一杯低脂乳酸菌

两大块豆腐

## 维生素 D

多少维生素 D?

建议:

美国农业部(USDA)

剩幅擦惑德 ..... 每日 600IU

奸际礼质衬囊媵霆儻

如果有骨质疏松症风险 ..... 每日 800-1000IU

皮肤在阳光的照射下会生成维生素D。每天在阳光下晒10至15分钟以获得日常维生素的需求量。

富有维生素D包括: 鸡蛋, 肝脏, 油性鱼如鲑鱼, 金枪鱼, 鲭鱼, 鳕鱼或维生素D强化谷物中获得。

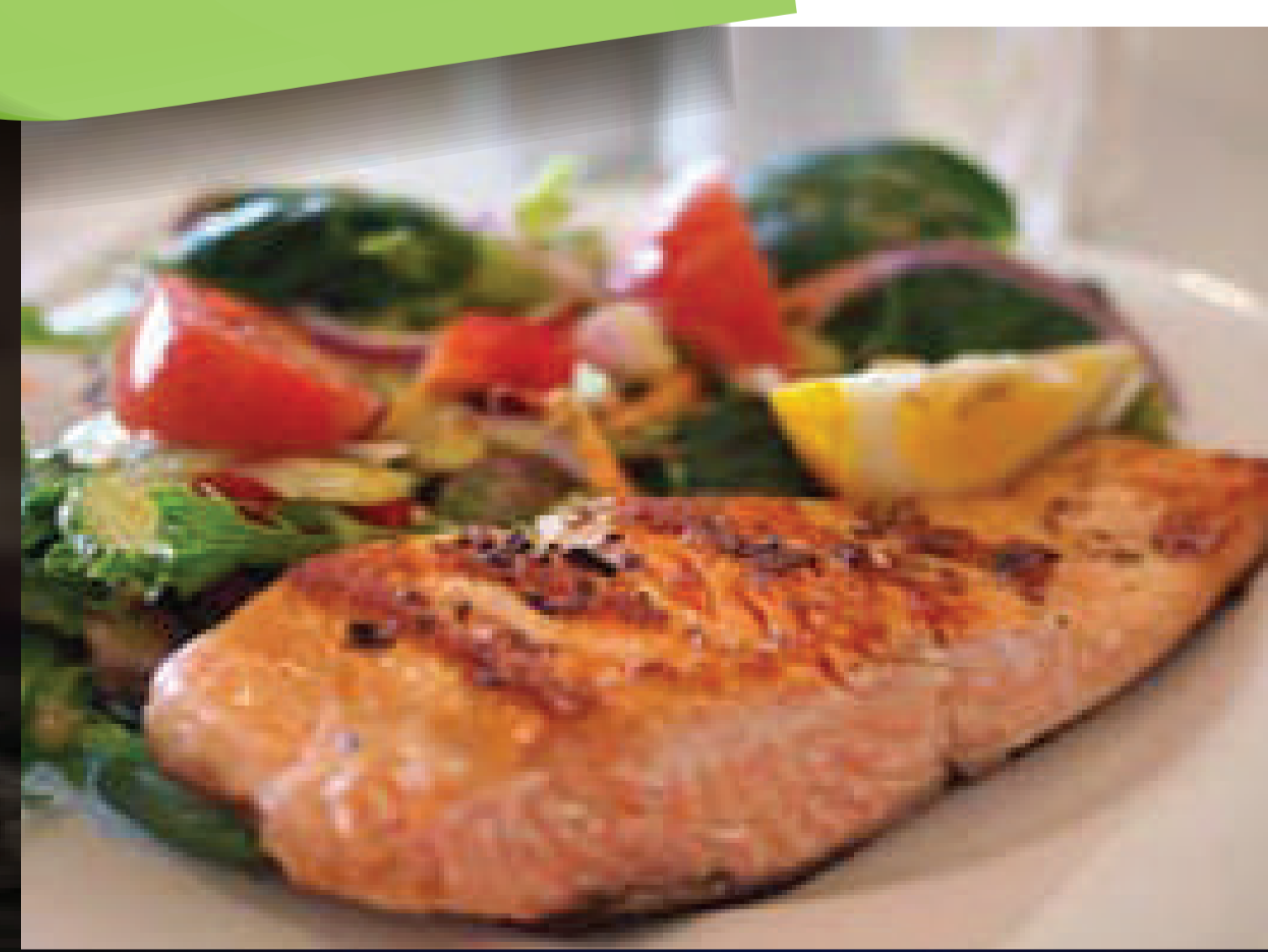
为什么是维生素 D?  
维生素 D 有助于钙质吸收和保持健康强壮的骨骼肌肉!

每天应该从食物中摄取多少维生素 D?

保健促进局(HPB)建议:

所有年龄段 ..... 每日 100IU

孕妇 ..... 每日 400IU



## 吸烟和过度饮酒

您知道吗?  
吸烟和饮酒过量会导致骨质流失并减少骨骼形成。向营养师了解酒精摄取的限制!

Brought to you by:



# ARE YOU AT RISK OF OSTEOPOROSIS?

## Risk Factors for Osteoporosis:

- A previous fracture due to a fall
- Age over 65 years, especially in a thin person
- A parent or sibling has had a hip fracture
- Taking steroids, including those found in some traditional medications for joint pains or skin problems, or taking certain medications used to treat breast and prostate cancer

## Risk Factors for Osteoporosis:

- Smoking, or drinking more than 2 drinks a day
- Females who have premature menopause before the age of 45
- Males with a low testosterone level
- Rheumatoid arthritis, diabetes, thyroid disease, parathyroid disease, chronic kidney disease, chronic liver disease, or malabsorption e.g. after stomach, intestine or pancreatic surgery

## Other Risk Factors:

- Recurrent falls
- Loss of 3 cm or more in height
- Immobilisation for a long period of time, e.g. due to illness
- If you answered YES to any of these questions, it's important to talk to your doctor about your bone health

## The Osteoporosis Self-Assessment for Asians (OSTA) is a guide to help assess a postmenopausal Asian woman's risk of having osteoporosis on a DXA bone mineral density scan (BMD). This is done simply by comparing her age (in years) to her weight (in kilograms).

- If Age (years) – Weight (kg) is more than 20, she will be at high risk of having Osteoporosis based on a DXA BMD scan.
- Example: if she is 60 years of age and weighs >50 kilograms, she comes under the moderate-risk group

OSTA Risk Category	What does it mean?	What must you do?
<b>HIGH</b>	<ul style="list-style-type: none"> <li>• About 61% of individuals in the high-risk group have osteoporosis</li> <li>• Consult your doctor to have your bone mass (BMD) checked</li> </ul>	<ul style="list-style-type: none"> <li>• Diet with adequate calcium and regular weight bearing exercises</li> <li>• Change lifestyle – quit smoking, drink less alcohol</li> <li>• Medicine/supplements to strengthen bones</li> </ul>
<b>MODERATE</b>	<ul style="list-style-type: none"> <li>• About 15% of individuals in moderate-risk group have osteoporosis</li> <li>• See your doctor to determine if you have other risk factors</li> </ul>	<ul style="list-style-type: none"> <li>• Diet with adequate calcium and regular weight bearing exercises</li> <li>• Change lifestyle – quit smoking, drink less alcohol</li> <li>• Medicine/supplements to strengthen bones</li> </ul>
<b>LOW</b>	<ul style="list-style-type: none"> <li>• Only about 3% of individuals in low-risk group gave osteoporosis</li> <li>• However if you have any other risk factors, please see a doctor</li> </ul>	<ul style="list-style-type: none"> <li>• Still maintain a diet adequate with calcium and do regular weight-bearing exercises to maintain bone mass</li> <li>• Change lifestyle – quit smoking, drink less alcohol</li> </ul>

## OSTA Chart

Age (Yr)	Weight (kg)							
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
45-49								
50-54						Low Risk		
55-59								
60-64								
65-69			Moderate Risk					
70-74								
75-79	High Risk							
80-84								
85-89								

Reference: Koh L, KH et al. A simple Tool to identify Asian Women at Increased Risk of Osteoporosis. Osteoporos Int 2001 12:699-705.

Brought to you by:



**OSTEOPOROSIS SOCIETY (SINGAPORE)**

With special thanks to Ms Natalie Teh



# 你有骨质疏松症的风险吗？

## 骨质疏松症的风险因素:

- 65岁以上的男性和女性尤其是瘦小的人
- 因跌倒而导致骨折的病史
- 父母或兄弟姐妹有得过髋骨骨折
- 长期使用类固醇（包括某些用以治疗关节疼痛或者皮肤疾病的中药或用于治疗乳癌、前列腺癌症的某些药物）

## 骨质疏松症的风险因素:

- 每天吸烟或喝2杯以上的酒精饮料
  - 在45岁以前已经达到更年期的女性
  - 睾酮素水平低的男性
  - 类风湿关节炎，糖尿病，甲状腺疾病，甲状旁腺疾病，营养吸收不良
- 比如:
- 胃，肠或胰腺手术后
  - 慢性肝病或慢性肾脏疾病

## 其他骨质疏松症的风险因素:

- 有多次摔倒的经历;
- 身高缩短3公分以上;
- 有长期失去行动能力, 例如:  
因病而长期住院卧床治疗;
- 如果您满足以上的任何风险因素, 您应该跟医生讨论自己的骨骼健康情况

## Osteoporosis Self-Assessment for Asians (OSTA)/亚洲骨质疏松症自我评估

- DXA 扫描可帮助评估绝经后亚洲女性骨质疏松症的风险程度
- 评估将用体重(公斤)与年龄进行计算
- 如果年龄数(年)减体重数(公斤)结果大于20, 就会有较高的风险;
- 如果您年龄60岁, 体重低于50公斤, 则属于中度风险组

风险类别      这代表什么?      接下来应该做什么?

<b>高</b>	<ul style="list-style-type: none"> <li>• 在高度风险组约61%患有骨质疏松症</li> <li>• 请咨询您的医生检查您的骨质密度 (Bone Mass Density BMD)</li> </ul>	<ul style="list-style-type: none"> <li>• 饮食需要有足够的钙质</li> <li>• 多做负重运动</li> <li>• 通过药物 / 补品来强壮骨骼</li> <li>• 改变生活方式 - 戒烟, 少饮酒</li> </ul>
<b>中</b>	<ul style="list-style-type: none"> <li>• 在中度风险组大约15%的患者有骨质疏松症</li> <li>• 请医生来确定是否有其它的危险因素</li> </ul>	<ul style="list-style-type: none"> <li>• 饮食需要有足够的钙质</li> <li>• 多做负重运动</li> <li>• 改变生活方式 - 戒烟, 少饮酒</li> </ul>
<b>低</b>	<ul style="list-style-type: none"> <li>• 低风险组仅约有3%的患者有骨质疏松症</li> <li>• 但是, 如果您有任何其它危险因素, 请看医生以便确认。</li> </ul>	<ul style="list-style-type: none"> <li>• 保持摄入足够含有钙质的饮食</li> <li>• 多做负重运动来维持骨骼密度</li> <li>• 改变生活方式 - 戒烟, 少饮酒</li> </ul>

## 亚洲骨质疏松症自我评估 OSTA Chart

年龄数(年)	体重(公斤)							
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
45-49								
50-54							低风险	
55-59								
60-64								
65-69				中度风险				
70-74								
75-79	高度风险							
80-84								
85-89								

Reference: Koh L, KH et al. A simple Tool to identify Asian Women at Increased Risk of Osteoporosis. Osteoporos Int 2001 12:699-705.

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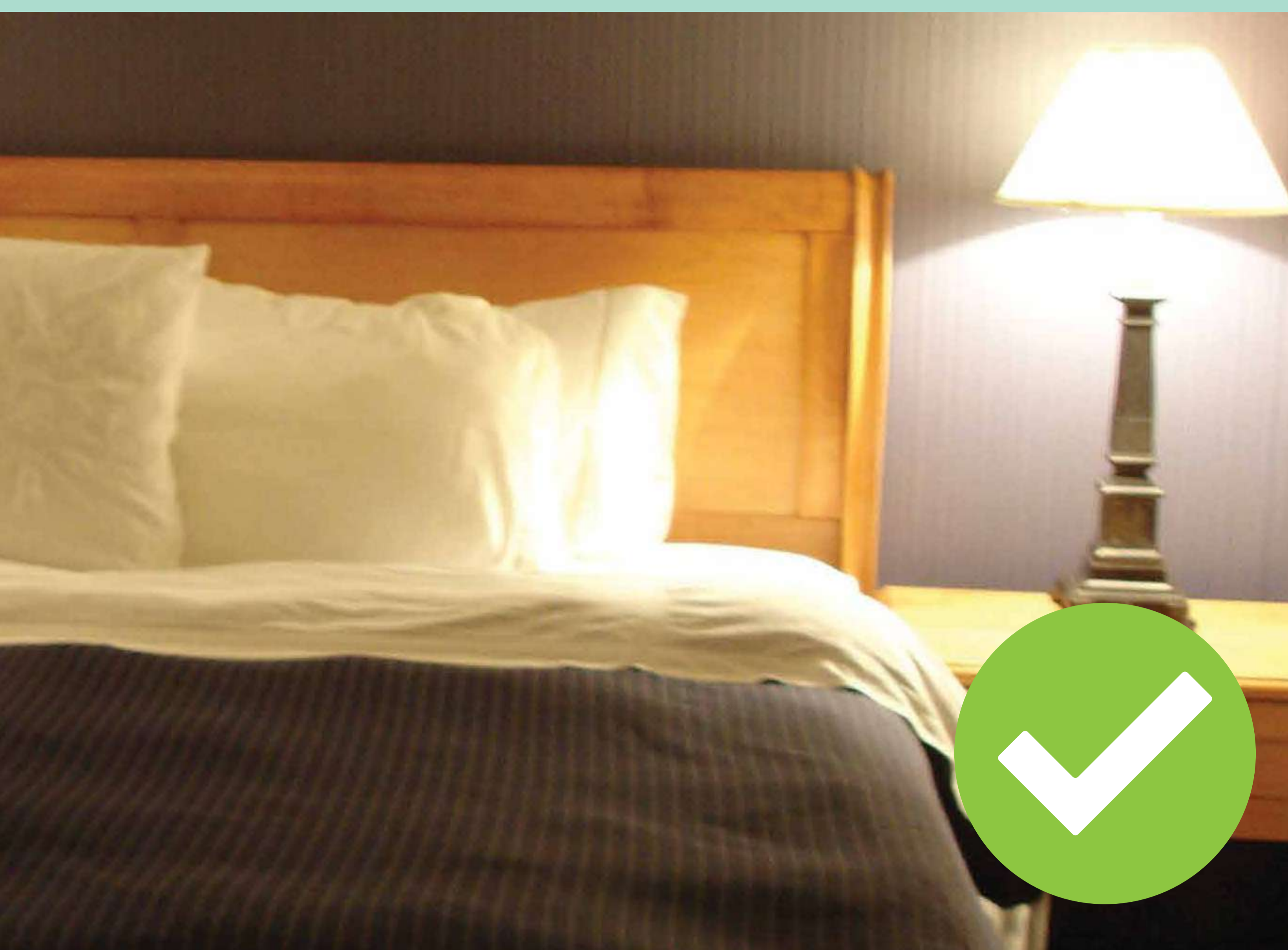
With special thanks to Ms Natalie Teh





**OSTEOPOROSIS SOCIETY  
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# Decrease your risk of **FALLING**



**Ensure there is good lighting at home**

**Install a bedside nightlight. You may consider motion sensor lights**



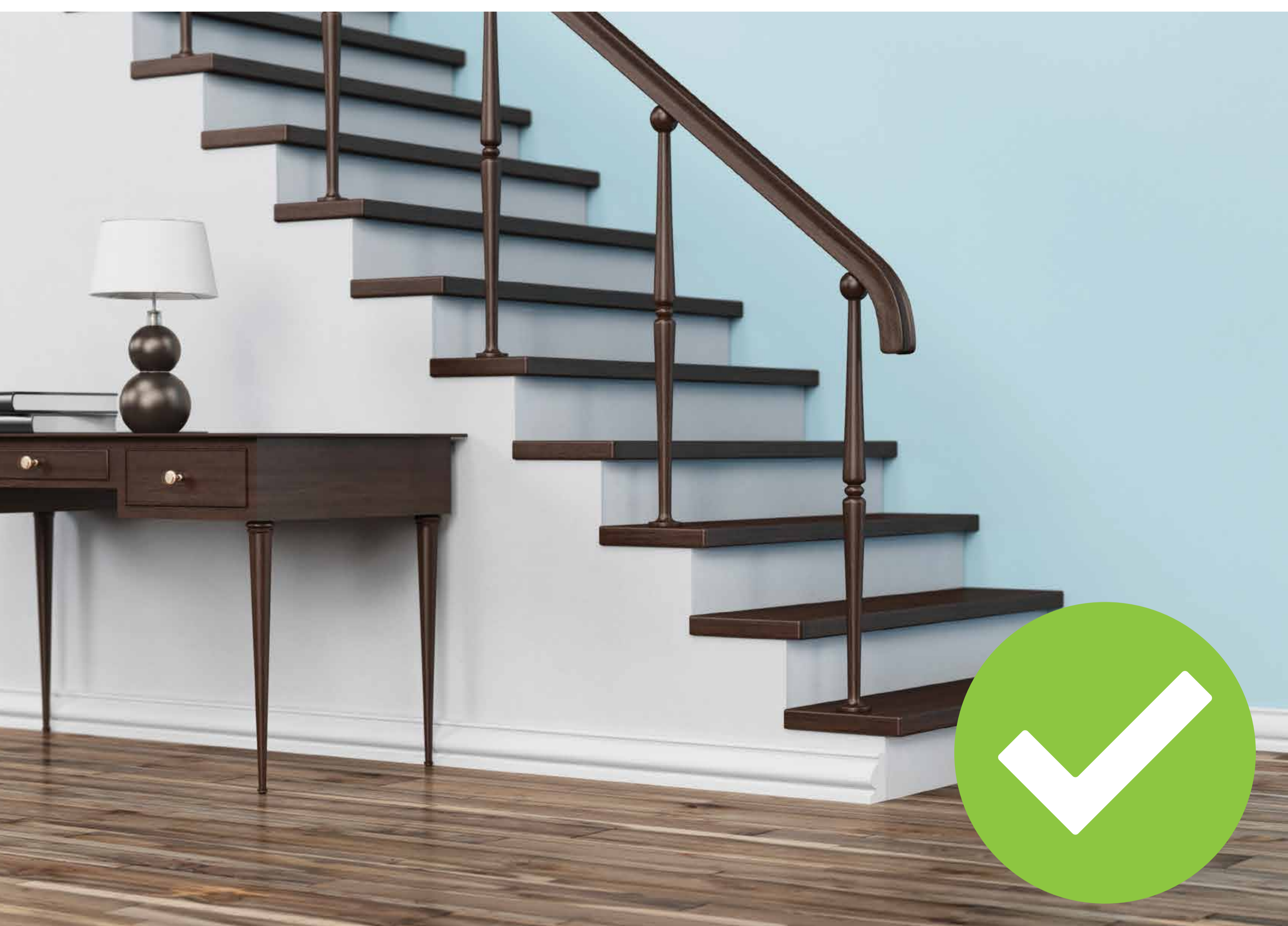
**Avoid leaving toys and other small objects on the floor**



**Wear covered, non-slip shoes**



**Avoid wearing slippers**



**Stairways should have railings and non-slip surfaces**



**Avoid using loose cloths and carpets with raised edges; anchor them or use non-slip backings**



**Install grab bars in the toilet**

**Ensure floors (e.g. kitchen, toilet) are not slippery**



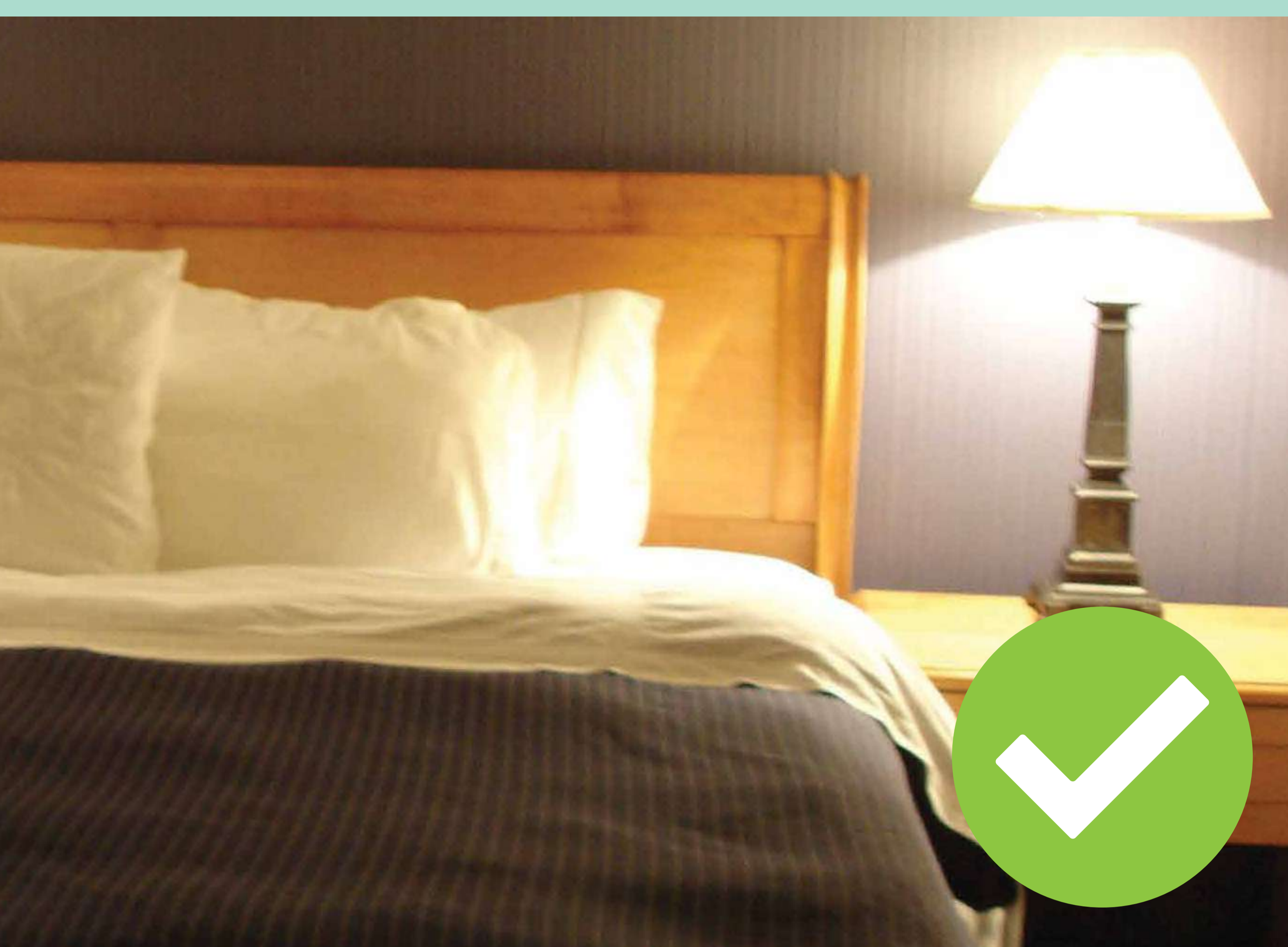
**Conceal all electrical and telephone cords to avoid tripping over them**





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# 降低你跌倒的风险

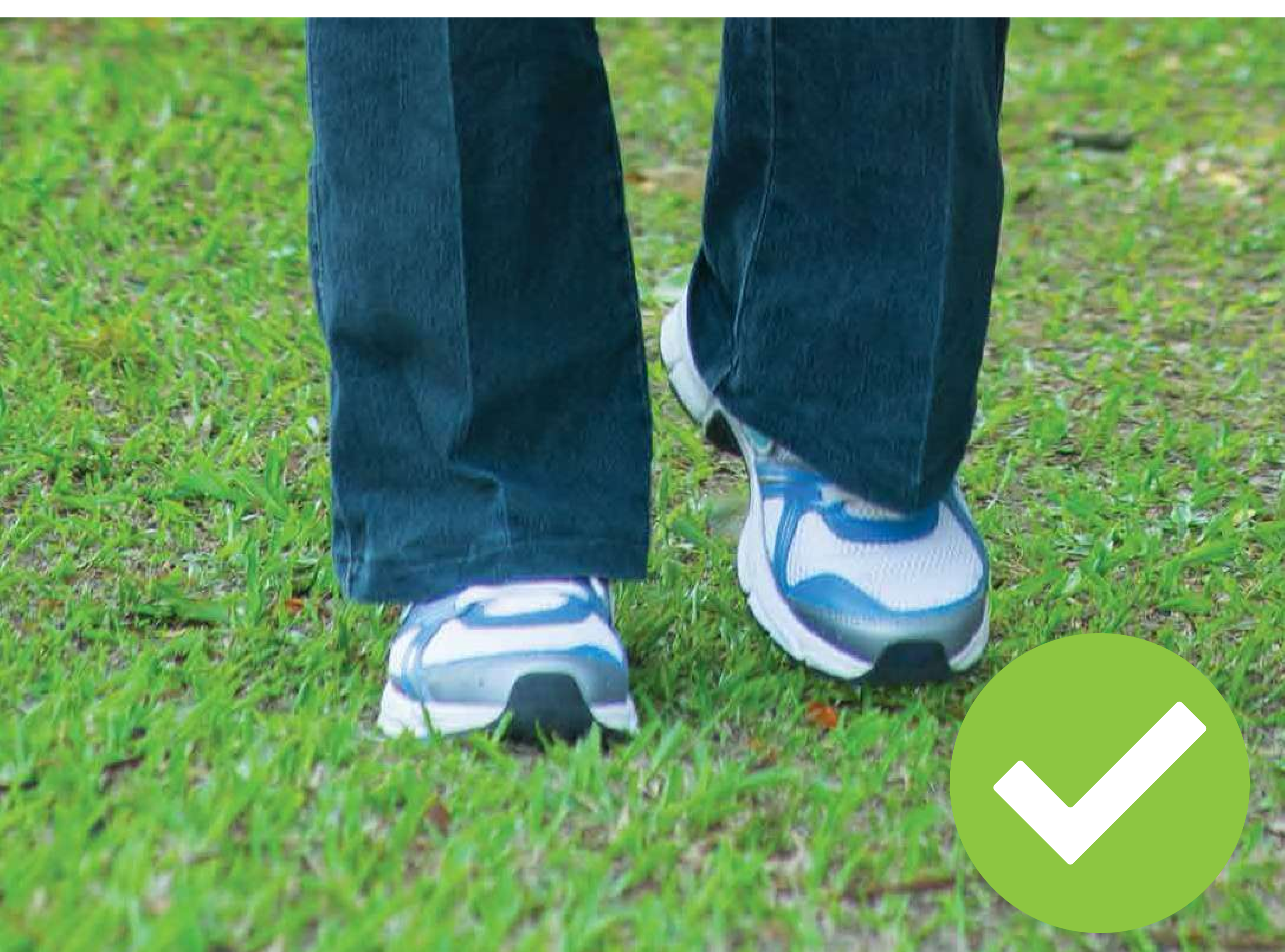


确保家中有良好的灯光照明

在床边安装夜灯  
考虑使用自动感应灯



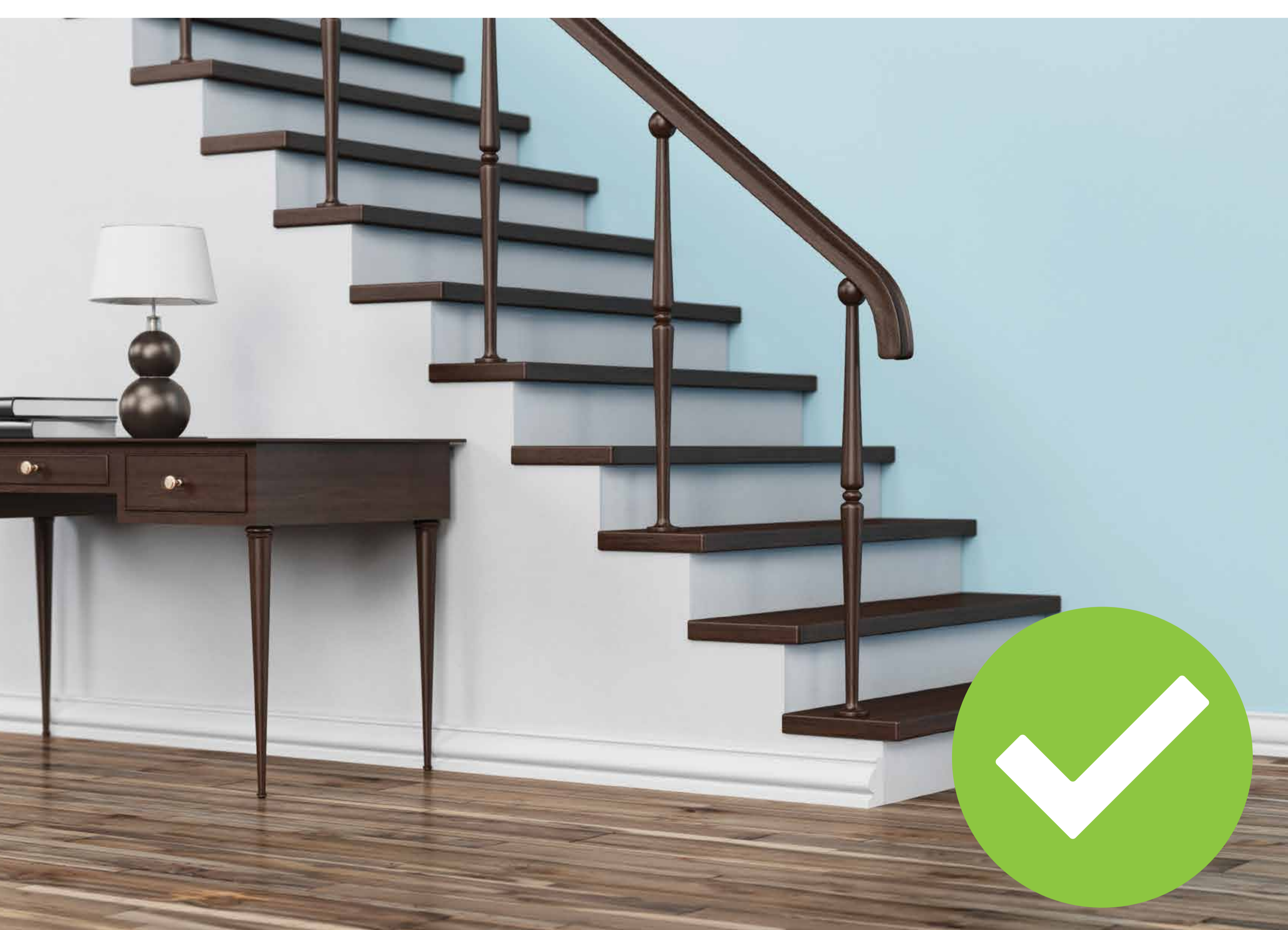
避免把玩具和其他小物体放在地板上



穿上防滑包鞋



避免穿拖鞋



楼梯应有栏杆和防滑表面



避免使用松散的布和具有凸起边缘的地毯;应该把它们粘好或使用防滑背衬



在厕所里安装扶手

确保家中的地板  
(例如厨房, 厕所) 不湿滑



隐藏所有电线和电话线,  
已避免绊倒