



# Falls Awareness & Bone Health Week

New Bone Health Information Specific to Age Groups - Download from a link on the Activity Hub Health & Wellbeing Page



**Bone Health – Quick Guide Child 1 – 3 years**

**Bone Development**  
Bones growing in size.

**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have **3 portions of calcium a day**) and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 800 mgs daily  
Ref: IOS, 2023  
Vitamin D: 400 iu daily (10 mcg)  
Ref: FSAI, 2020

**Exercise**  
Moderate to vigorous intensity activity for at least **60 minutes every day** to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week  
**Examples of appropriate exercise include:** crawling, climbing, tumbling, rolling, running, playground equipment, gymnastics & dancing.  
Ref: HSE National Physical Activity Guidelines for Ireland

**Bone Health – Quick Guide Child 4 – 10 years**


**Bone Development**  
Bones growing in size.


**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have **3 portions of calcium a day**) and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 800mgs daily  
Ref: IOS, 2023  
Vitamin D: 400 iu daily (10 mcg)  
Ref: FSAI, 2023

**Exercise**  
Moderate to vigorous intensity activity for at least **60 minutes every day** to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week

**Examples of appropriate exercise include:** running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope  
Ref: HSE National Physical Activity Guidelines for Ireland







**Bone Health – Quick Guide 11-17 years**

**Bone Development**  
Bones growing in size and density.

**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have **5 portions of calcium a day**) and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 1200 mgs daily  
Ref: IOS, 2023  
Vitamin D: 600 iu daily (15 mcg)  
Ref: FSAI, 2023

**Exercise**  
Moderate to vigorous intensity activity for at least **60 minutes every day** to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week  
**Examples:** running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope  
Ref: HSE National Physical Activity Guidelines for Ireland




**Bone Health – Quick Guide 20-30 years**

**Bone Development**  
Bones growing in density and strength

**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt (it is important to have **3 portions of calcium a day**) and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 800 mgs daily  
Ref: IOS, 2023  
Vitamin D: 600 iu daily (15 mcg)  
Ref: FSAI, 2023

**Exercise**  
Moderate to vigorous intensity activity for at least **30 minutes every day** to include muscle-strengthening, flexibility & bone-strengthening exercise 3 times a week  
**Examples:** running, climbing, gymnastics, team sports, racquet sports, dancing, hiking, ice skating, jump-rope  
Ref: HSE National Physical Activity Guidelines for Ireland

**Bone Health – Quick Guide Adult Female**



**Bone Development**  
From 30-45 years adults are maintaining acquired peak bone mass. From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss. **Important - in menopausal women there is a rapid bone loss due to reduction in oestrogen.**

**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt, it is important to have **3 portions of calcium a day** and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 800 mgs daily  
Ref: IOS, 2023  
Vitamin D: 600 iu daily (15mcg)  
Ref: INDI, 2023

**Important**  
Bone Health medication should always be taken as prescribed.

**Exercise**  
Moderate intensity activity for at least **30 minutes a day 5 days a week** (or 150 mins a week).  
**Examples:** brisk walking, running, team sports, racquet sports, dancing, hiking, indoor/outdoor gym equipment, gardening, Pilates, own body-weight workout, resistance bands, tai chi, martial arts, low impact aerobics  
Ref: HSE National Physical Activity Guidelines for Ireland

**Bone Health – Quick Guide Adult Male**

**Bone Development**  
From 30-45 years adults are maintaining acquired peak bone mass. From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss.

**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt, it is important to have **3 portions of calcium a day** and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 800 mgs daily  
Ref: IOS, 2023  
Vitamin D: 600 iu daily (15mcg)  
Ref: FSAI, 2023

**Important**  
Bone Health medication should always be taken as prescribed.

**Exercise**  
Moderate intensity activity for at least **30 minutes a day 5 days a week** (or 150 mins a week)  
**Examples:** brisk walking, running, team sports, racquet sports, dancing, hiking, indoor/outdoor gym equipment, gardening, Pilates, own body-weight workout, resistance bands, tai chi, martial arts, low impact aerobics.  
Ref: HSE National Physical Activity Guidelines for Ireland




**Bone Health – Quick Guide Adult 45-65yrs**



**Bone Development**  
From 45 years of age natural bone loss is occurring. The priority now is to maintain bone to reduce rate of bone loss.

**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt, it is important to have **3 portions of calcium a day** and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 800 mgs daily  
Ref: IOS, 2023  
Vitamin D: 600 iu daily (15mcg)  
Ref: FSAI, 2023

**Important**  
Bone Health medication should always be taken as prescribed.

**Exercise**  
Moderate intensity activity for at least **30 minutes a day 5 days a week** (or 150 mins a week)  
**Examples:** brisk walking, running, team sports, racquet sports, dancing, hiking, indoor/outdoor gym equipment, gardening, Pilates, own body-weight workout, resistance bands, tai chi, martial arts, low impact aerobics.  
Ref: HSE National Physical Activity Guidelines for Ireland

**Bone Health – Quick Guide Intellectual Disability**



**Bone Development**  
Bone development occurs at a different rate in a person with an intellectual disability. This may be due to reduced movement, dietary intake, medical conditions and some medications.

**Diet**  
Important to have diet rich in calcium for example milk, cheese, yogurt, it is important to have **3 portions for adults or 5 portions of calcium a day for teenagers** and **Vitamin D** for example eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium 1-3 yrs 800 mgs daily, 4-10 yrs 800 mgs daily, 11-17 yrs 1200 mgs daily, 20-30 yrs 800 mgs daily, Over 30 yrs - Old Age 800 mgs  
Ref: IOS, 2023  
Vitamin D 1-10 yrs 400 iu daily (10mcgs), 11-65 yrs 600 iu (15mcgs), > 65 yrs Healthy Older Adult 600iu (15 mcgs), > 65 yrs Housebound Older Adult 800 iu (20mcg)  
Ref: FSAI, 2023

**Important**  
Bone Health medication should always be taken as prescribed.

**Exercise**  
1-18 year - Exercise for 60 minutes every day  
18+ years - Exercise for 150 minutes per week  
**Be as active as ability allows**  
**Examples:** walking, running, jumping, hopping, dancing, gardening, hiking, tai chi, martial arts, racquet sports, team sports, low impact aerobics, low impact aerobics, resistance bands, weights, gardening.  
Ref: HSE National Physical Activity Guidelines for Ireland

**Bone Health – Quick Guide Older Adult - Over 65 yrs**




**Bone Development**  
Natural bone loss with age – lower bone mass.

**Diet**  
Important to have diet rich in calcium – e.g. milk cheese yogurt, **3 portions a day**  
**Vitamin D** – e.g., eggs, oily fish, fortified cereals and milk and naturally from sunlight.

**Recommended Daily Allowance**  
Calcium: 800 mgs daily  
Ref: IOS, 2023  
Vitamin D: **Healthy Older Adults** 15mcgs or 600 iu daily, **Housebound Older Adults** 20mcg or 800iu  
Ref: FSAI, 2023

**Important**  
Bone health medication in older adults living in residential care settings with osteoporosis should always be continued as prescribed.

**Exercise**  
Moderate intensity activity for at least **30 minutes a day 5 days a week** (or 150 mins a week).  
Focus on aerobic activity, muscle strengthening and balance.  
**Examples:** walking, running, dancing, gardening, Pilates, own body-weight workout, resistance bands, tai chi, martial arts, low impact aerobics  
Ref: HSE National Physical Activity Guidelines for Ireland


**Deconditioning**  
...Make Every Movement Count



St Michael's House  
A Resource for Staff - February 2022

**Deconditioning Programme**

**Advert Break & Cuppa Exercise Suggestions**



Designed for Service Users, Families & Staff

Lisa Boyd  
Snr. Physiotherapist & Deconditioning Project Team



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Version for Printing

**ST. MICHAEL'S HOUSE**  
Services For People With Disabilities

**CHANGING GEARS**  
LOOKING AFTER YOURSELF AS YOU GET OLDER



**CHANGING GEARS**

Developed by  
St Michael's House  
Registered Charity Number (RCH): 2009892

Other Health Information Resources to Access from the Activity Hub Or email [activityhub@smh.ie](mailto:activityhub@smh.ie)

