

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