

## 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

