

Bone Health Protection Strategies

Best Practices



☑ Activity and exercise

Walking and weight-bearing exercises can

- improve residents' balance, muscle strength, physical endurance, body posture, bone mass, and
- reduce pain and the risk for future fracture

Weight bearing exercises

- For residents who are mobile and can weight bear, beneficial exercise programs should focus on resistance, strengthening, balance, coordination and postural exercises
- Take every opportunity to encourage residents to walk to meals and activities

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