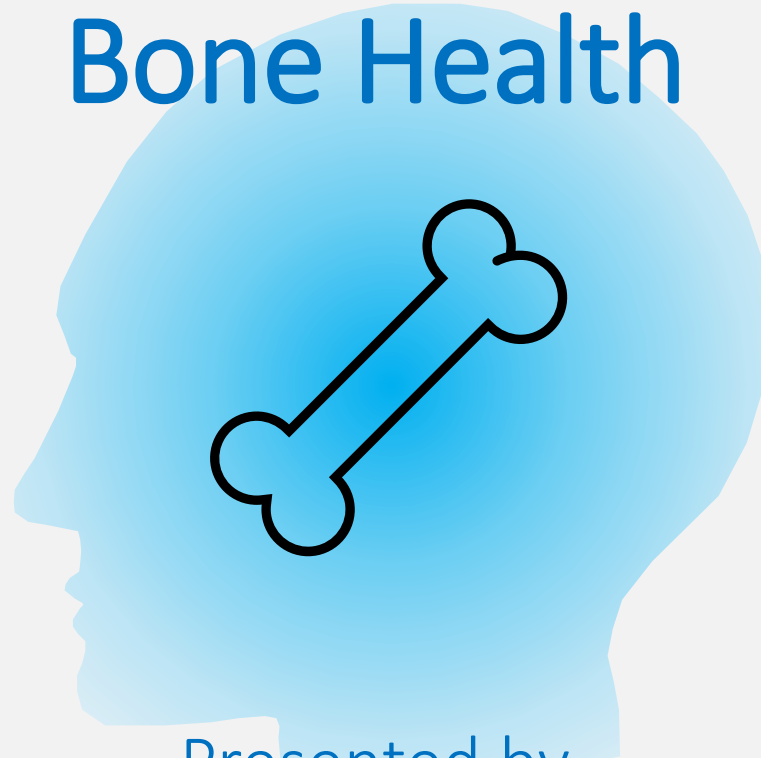


# Wellness Office Hours

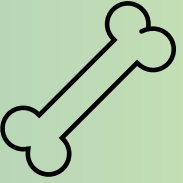
## Bone Health



Presented by  
Sarah Luster, RDN, CHC

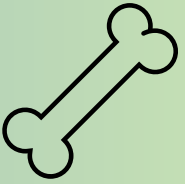


# Purpose of Presentation



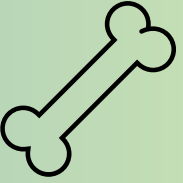
- Discuss importance of Bone Health
- Provide the Luster community with tools to optimize their Bone Health
- Introduce the Wellness Challenge

# Bone Background



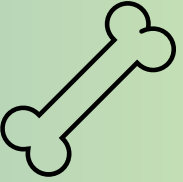
- Your bones are constantly being remodeled each day
- When you are young, bone building occurs at a higher rate than bone breakdown
- Bone density peaks around age 30
- Bone mass declines 1% per year after age 40
- Bones store our body's minerals
- Bones create red blood cells

# What Contributes to Bone Health?



- Diet
  - Calcium
  - Vitamin D
  - Magnesium
- Tobacco and alcohol use
- Physical activity
- Family history, race, sex

# Osteoporosis



- Body makes too little bone or loses too much bone
- 10 million Americans currently have osteoporosis and another 44 million have low bone density
- Can occur at any age, however risk increases as you age
- Considered a silent disease because there are no symptoms until you break a bone
- Preventable and treatable

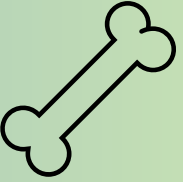


# How Diet Impacts Bone Health



- **Calcium**
  - 99% of the calcium stored in your body is in your teeth and bones
  - Mineral that makes your bones hard
  - Sources: dairy, sardines, beans/lentils, almonds, leafy greens
- **Vitamin D**
  - Allows calcium to be absorbed into the body
  - Sources: sunlight, fortified milk/juice, fatty fish, egg yolk, beef liver
- **Magnesium**
  - Increases absorption of calcium
  - 50% of the magnesium in our body is in our bones
  - Sources: whole grains, leafy greens,, nuts, seeds, beans, tempeh, tofu

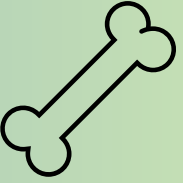
# How Physical Activity Impacts Bone Health



- Weight-bearing exercise:
  - Slows bone loss and builds new bone
  - Tugs and pushes on bones, triggering bone-forming cells
  - Enhances strength and stability
  - Decreases risk of falls



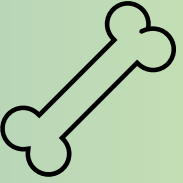
# Examples of Weight-Bearing Exercise



- Running
- Walking
- Weight-lifting
- Hiking
- Body weight: push-ups, lunges, squats
- Tennis/Pickleball
- Jumping Rope
- Basketball
- Yoga



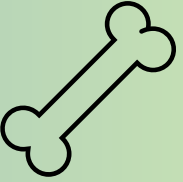
# Examples of Non-Weight-Bearing Exercise



- Swimming
- Cycling

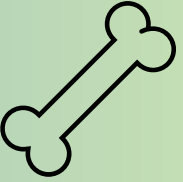


# Frequency of Weight-Bearing Exercise



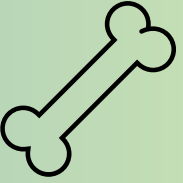
- It is never too late to build bone health
- The University of Michigan found that as little as 15-20 minutes of weight-bearing exercise, three days a week was sufficient for building bone
- Ideally you would participate in 30 minutes most days of the week

# October Wellness Challenge



- Participate in weight-bearing exercise 2x a week
- Report to [sluster@luster.com](mailto:sluster@luster.com) at the end of the month

# Point of Contact



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