

Wellness Tidbits

May is National Osteoporosis Month



OSTEOPOROSIS

Osteoporosis or “porous bone” is a disease characterized by low bone mass and the deterioration of bone tissue. It typically leads to an increased risk of bone fractures in the hip, wrist and spine. Broken bones caused by osteoporosis are not a normal part of aging. Anyone – male, female, young or old - can get osteoporosis, but there ways to protect your bones.

Take action now to avoid this disease by:

- Getting enough calcium and vitamin D
- Eating a well balanced diet
- Regular weight bearing workouts
- Eating foods that are good for bone health, such as fruits and vegetables
- Avoid smoking
- Limit alcohol intake to 2-3 drinks per day



Resource: <https://www.nof.org/national-osteoporosis-month/>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

True or False:

Only older adults will be diagnosed with osteoporosis.

**ANSWER FITBIT®
CHALLENGE HERE!**



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