



Osteoporosis Canada

Ostéoporose Canada

COPING

April 5, 2017

Remember: You can live well with osteoporosis!

Exercise and Better Bone Health, Pt.2

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In 2015, Dr. Lora Giangregorio was recognized with the prestigious Bloomberg Manulife Prize for the Promotion of Active Health. Dr. Giangregorio is the first woman, and only the second Canadian, to receive the prize in its five-year history. She was recognized for her clinical research aimed at improving the management of osteoporosis through exercise as well as for her efforts in promoting physical activity more broadly. In conjunction with this award, Dr. Giangregorio was asked a series of questions about bone health, falls, fractures and exercise. Part 2 of her answers is here.



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Fracture Fact

There is research to show that physical activity, started at an early age, may benefit bone health even as we get older.

Part 2: Exercise and Better Bone Health

1. Please comment on investing now in good bone health and prevention.

Everyone, men and women, loses bone strength as we get older – bone loss starts as early as our mid 30s. There is research to show that physical activity, started at an early age, may benefit bone health even as we get older.

We also lose muscle as we get older, which can cause us to gain fat and be at increased risk of many chronic diseases, falls and fractures. By the time we get to an age when we start to notice, or have, health problems, it is harder to gain the muscle back, and we are not even sure that it is possible to replace lost bone with exercise once it is gone. So it is critical for everyone to incorporate exercises to incorporate exercises to maintain muscle and bone strength into their lives, and do things to challenge our balance. The most common injury from a fall among older adults is a broken bone – so we need to do what we can to keep our bones strong so that they can withstand a fall.

2. Are there exercises that everyone should be doing now for strong bones later?

- Do exercises to maintain or increase muscle strength at least twice a week. This means hard work against resistance, or doing exercises with weights, machines, or even lifting your body weight against gravity (e.g., squats, push-ups – counter push-ups or wall push-ups if you can't do them on the floor) to increase muscle strength.
- Challenge your balance daily. Walk heel to toe (like on an imaginary tightrope) on the way back from the rest room. Do step ups, one leg at a time onto a high step. Stand on a balance board or do balance challenges while watching TV. Or, if you have problems with balance, stand at a counter with feet together and practise slowly reducing contact with the counter.
- Get more moderate or vigorous intensity physical activity – a minimum of 150 minutes a week or 20-30 minutes a day. Even more physical activity means more health benefits. This means brisk walking, dancing, or challenging yard work – anything that gets your heart pumping and makes you breathe harder than normal. But make sure that you choose an intensity level that is safe and appropriate for you.
- Do exercises to promote good alignment and posture. To start, stand so your right or left side faces a mirror, and look at your alignment – can you draw a straight line from your ear to your shoulder to your hip to your ankle? Most common problems are head in front of shoulder, or slumped shoulders, or exaggerated curve in the upper back, often from sitting at a computer.
- Exercises for your core and back extensors may help provide your spine with the good alignment and stability it needs to prevent injury. Some posture cues:
 - Take a deep breath. Imagine someone is going to poke you in the stomach – feel your abs tighten in and up.
 - Let your shoulder blades fall towards your back pockets.
 - Lengthen the back of your neck.
 - Imagine your collarbones are wings – gently spread your wings and lift your chest.
- If you are new to physical activity or are at high risk of fracture, consult a healthcare provider about where to start. If you have the means, get advice from a clinical exercise physiologist, physical therapist or kinesiologist with training and experience in exercise prescription for people like you.

3. What are we doing wrong that impacts our bone health?

- Sitting too much. Get up and move every 30 minutes.
- Ignoring strength training and doing only aerobic exercise (like walking). You don't have to do it with heavy weights or in a gym. You just need exercises that are a sufficient challenge that you can only do 8-12 repetitions, and you can do them with good form.
- Not being mindful of nutrition – getting enough vitamins and minerals, and importantly, getting enough protein *throughout the day*, not just lunch and dinner. Some experts suggest anywhere from 0.25 to 0.4

grams per kilogram body weight per meal, across four meals (e.g., breakfast, lunch, dinner, snack) a day, which equates to 15 - 24 grams of protein per meal for someone who weighs 60 kg. Breakfast might be the most important meal – you need to “break” the fast and get your body the tools it needs to maintain muscle!

- ❑ Focusing on being thin rather than being strong and fit, or going through cycles of weight loss and weight gain. Weight loss can cause bone loss. Instead of focusing on weight loss, build muscle and strength, and you will get fitter and leaner.
- ❑ Thinking that bone loss and muscle loss won't happen to you and not taking action now.

We Welcome Your Feedback

- Have a question?
- Is there an osteoporosis-related topic that you would like to see featured in the newsletter?
- Looking for a great volunteer opportunity?

Please contact us by calling Osteoporosis Canada's toll-free number **1-800-463-6842** or emailing copn@osteoporosis.ca.

IOF Global Patient Charter

The International Osteoporosis Foundation (IOF) has recently launched the IOF Global Patient Charter to help raise the profile of this silent disease. Go to <https://www.iofbonehealth.org/iof-global-patient-charter> and sign the Charter to help make fracture prevention a global health priority.

FUNNY BONE:

Advice is what we ask for when we already know the answer but wish we didn't. – Erica Jong

A Recipe from our Sponsor

Gouda chicken kebabs with pineapple chutney
Recipe from Bal Arneson

Course: *Hors D'oeuvres & Appetizers*

Preparation Time: *20 mins*

Cooking Time: *15 mins*

Yields: *6-8 servings*

2/3 milk product serving(s) per person

Calcium: 25% DV/ 275 mg



The subtly nutty flavour of Gouda is a delicious complement to this sweet and smoky chicken.

For more information about this recipe:

<https://www.dairygoodness.ca/getenough/recipes/gouda-chicken-kebabs-with-pineapple-chutney>

Ingredients

1 lb (450 g) ground chicken
1 cup (250 mL) shredded **Canadian Gouda**
1 tbsp (15 mL) garam masala
1 tbsp (15 mL) dried oregano
1 tsp (5 mL) smoked paprika
Salt and freshly ground pepper
1 can (400 g) pineapple, drained
1 small white onion
1/2 tsp (2 mL) cumin powder
1/4 tsp (1 mL) red chili flakes
1/4 cup (60 mL) **Canadian Feta**

Tips

Cheese alternatives for kebabs: Canadian Cheddar, Mozzarella or Monterey Jack.

Cheese alternatives for chutney: Diced Canadian Bocconcini, Cheddar or Gouda.

Preparation

Preheat oven to 425°F (220°C) or preheat grill to medium heat.

In a large bowl, combine chicken with Gouda, garam masala, oregano, paprika, salt and pepper.

Shape chicken mixture into 8 elongated balls. Thread ball onto a wooden skewer; repeat to make 7 more kebabs.

Place kebabs on a baking sheet and bake for 12–15 min or until cooked.

To make chutney, process pineapple, onion, cumin, chili and Feta together in a food processor. If desired, sprinkle with some crumbled Feta before serving.

Serve kebabs with pineapple chutney dip.



Nutrition Tip

Add cheese (Brie, Camembert, etc.) to the jam on your toast for a creamier, more nutritious breakfast.

This issue of COPING is sponsored by Dairy Farmers of Canada

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