

TYPE OF EXERCISE	HOW OFTEN SHOULD I EXERCISE? (FREQUENCY)	HOW HARD SHOULD I WORK? (INTENSITY)	FOR HOW LONG SHOULD I EXERCISE? (DURATION)	WHAT ARE THE BENEFITS OF THIS TYPE OF EXERCISE?
WEIGHT BEARING: walking, dancing, jogging, stair climbing, step aerobics, running	3-5 days of the week for a total of at least 150 minutes per week	Moderate to vigorous intensity (slightly breathless but still able to speak)	20-60 minutes continuously or for 10 minutes at a time, 2-3 times per day	Improved heart health and bone strength. Reduced fracture risk.
STRENGTH TRAINING: free weights, machines, exercise bands or body weight as resistance	2-3 days of the week	If you can do more than 12 repetitions, the weights are too light. If you can't do at least 8 reps, the weights are too heavy.	2-3 sets of 8-12 repetitions; include all major muscle groups	Improved muscle and bone strength, posture and mobility.
BALANCE TRAINING: Tai chi, yoga, other exercises designed to challenge balance	2-3 days of the week for a total of 120 minutes per week. May incorporate balance training with weight bearing and/or strength training exercise to save time.	Beginners: static exercises (standing in one spot holding a posture) Advanced: dynamic exercises (challenge balance while moving around) May need guidance	10-20 minutes	Improved mobility and balance. Fewer falls and reduced fracture risk.
POSTURE TRAINING: safe movements, awareness of position and posture (and back muscle strengthening)	Practise proper position and good posture every day!	Be conscious of posture. Perform exercises aimed at correcting posture. Use mirrors when exercising.	Always!	Less pressure on the spine. Reduced risk of falls and fractures, especially spine fractures.

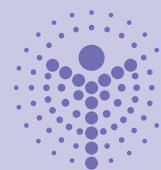


**Make your
FIRST break
your LAST**

INSIST ON ASSESSMENT

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The information contained in this fact sheet is not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their physician.

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