

Exercise for stronger ... **BONES?**

If you're lifting weights or doing push-ups, you must want strong muscles, right? Actually, weight-training exercises, sometimes called resistance exercises, are great for your bones too.

Men and women of any age can benefit from the bone-building effects of strength training. It's especially important as we get older, when bones tend to get thinner.

If you're new to strength training, be sure to check with your doctor before beginning. Just two to three days a week of strength training can have big benefits. And you don't have to lift heavy weights or do difficult routines. Here are some quick and simple ways to get started.

- If you belong to a gym, try using the weight machines. These are safer and easier to start with than free weights. Ask the gym staff for help and for correct usage tips if needed.
- At home, you can do simple exercises without any equipment. Arm raises, leg curls, chair dips, and toe stands are all good examples. Get information and videos on various exercises for seniors and beginners at nihseniorhealth.gov.

Sources: National Osteoporosis Foundation, National Institutes of Health

