

STEP UP YOUR BONE & JOINT HEALTH



Healthy Balanced Diet

- ▶ Consume diet rich in Proteins, Vitamins and Minerals

Get Enough Calcium

- Daily calcium requirement 1000-1200 mg ◀
- Consume foods rich in calcium ◀



Get Enough Vitamin D

- ▶ Daily Vitamin-D requirement 1000 IU
- ▶ Expose yourself to Sun minimum of 30 mins daily

Regular Physical Activity

- Be active for atleast 30 minutes daily ◀
- Do weight bearing exercises and strength training ◀



Avoid Smoking & Drinking

Identify Risk Factors

- Age, family history, medications ◀
- gastric and kidney problems, etc.



Get Expert Opinion

- ▶ Timely intervention to prevent Bone and Joint problems