

Osteoporosis Canada Exercise Guidelines

Released Summer 2014

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?
<p>Weight bearing: walking, dancing, jogging, stair climbing, step aerobics, running</p>	<p>3-5 days of the week for a total of at least 150 minutes per week</p>	<p>Moderate to vigorous intensity (slightly breathless but still able to speak)</p>	<p>20-60 minutes continuously or for 10 minutes at a time, 2-3 times per day</p>	<p>Improved heart health and bone strength. Reduced fracture risk.</p>
<p>Strength training: free weights, machines, exercise bands or body weight as resistance</p>	<p>2-3 days of the week</p>	<p>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.</p>	<p>2-3 sets of 8-12 repetitions; include all major muscle groups</p>	<p>Improved muscle and bone strength, posture and mobility.</p>
<p>Balance training: Tai chi, yoga, other exercises designed to challenge balance</p>	<p>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.</p>	<p>Beginners: static exercises (standing in one spot holding a posture) Advanced: dynamic exercises (movement)</p>	<p>10-20 minutes</p>	<p>Improved mobility and balance. Fewer falls and reduced fracture risk.</p>

<p>Posture training: safe movements, awareness of position and posture (and back muscle strengthening)</p>	<p>Practise proper position and good posture every day!</p>	<p>Be conscious of posture. Perform exercises aimed at correcting posture. Use mirrors when exercising.</p>	<p>Always!</p>	<p>Less pressure on the spine. Reduced risk of falls and fractures, especially spine fractures.</p>
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Source: <http://www.osteoporosis.ca/osteoporosis-and-you/exercise-for-healthy-bones/general-guidelines-for-physical-activity/> August 3, 2014