

Your Bone-Building Movement Mix™

Combine the kinds of movement that support bone, muscle, balance and everyday independence.



BONES RESPOND TO DIFFERENT CHALLENGES

Walking is valuable, but it does not replace strength training.
A well-rounded plan uses more than one kind of movement.



1

RESISTANCE

Muscles pull on bones as they work against resistance.

TRY: Weights, resistance bands, machines, squats, sit-to-stands and heel raises

AIM TOWARD: Strength work on 2 to 3 nonconsecutive days each week, adjusted to your ability.



2

WEIGHT-BEARING

You support your body weight while moving upright against gravity.

TRY: Brisk walking, stairs, dancing, hiking, low-impact aerobics or an elliptical

BUILD FROM: Short sessions that feel manageable and repeatable.



3

IMPACT, WHEN APPROPRIATE

Landing forces can provide an additional bone stimulus.

TRY: Purposeful heel drops, small hops, jogging or higher-impact movement only when suitable for you.

BEGIN WITH: Low impact and progress gradually. Higher impact is not required for everyone.



4

BALANCE & POSTURE

Better balance may lower fall risk, while strong postural muscles help support upright movement.

TRY: Supported single-leg stands, heel-to-toe walking, tai chi, back-strengthening and alignment practice

PRACTICE: Briefly and often, near a stable support when needed.



WHAT COUNTS, BUT WORKS DIFFERENTLY

Swimming and cycling support fitness and muscle, but they provide less weight-bearing or impact stimulus to bone. Enjoy them as part of your plan rather than your only bone-focused activity.



BUILD YOUR MIX

Strength days: _____ Weight-bearing days: _____

Balance practice: _____

One activity I enjoy enough to repeat: _____



CHECK BEFORE ADDING IMPACT

Ask for individualized guidance if you have osteoporosis, a recent fracture, spinal fractures, significant pain, frequent falls or are unsure which movements are safe.



Gentle Reminder

Exercise should be matched to your starting point. More force is not automatically more helpful.



Martine's Midlife Wellness Tip

Choose one strength habit and one upright activity first. A small movement mix practiced consistently is more useful than a perfect plan that stays on paper.

