

Keep your bones strong and healthy



The human body is composed of 206 bones and over 300 joints, all of which function together to form the structural support of the body. Therefore, maintaining strong and healthy bones and joints is crucial to prevent the development of bone diseases such as osteoporosis later in life.

Brittle bones break easily

Your bones are continuously remodelling, which means that old bone is continually being broken down and replaced by new bone. When you are below 30 years old, your body tends to make bone quicker than it breaks it down and as a result your bone mass increases. However, at 30 years old, you usually reach your peak bone mass and the paradigm shifts. At this point more bone is broken down than produced. This results in you starting to lose bone mass making your bones weak and brittle, and making you susceptible to osteoporosis.

Tips for keeping your bones and joints healthy

1. Find out about your family history.

Knowing your family history of bone disease can be very helpful. Your risk of getting osteoporosis increases significantly if you have an immediate family member such as a parent or sibling who has the condition.

2. Increase your calcium and vitamin K consumption.

Calcium is one of the main components of bone

and therefore, it is important to ensure that you have a diet that is rich in this mineral. By consuming high amounts of calcium, the body can then deposit high levels of calcium in the bone, preventing weak and brittle bones.

3. Exercise regularly.

Physical activity is a great way to maintain strong and healthy bones and joints. Regular exercise not only enables you to reduce your weight, which mean putting less stress on your bones and joints, but studies also show that exercise also increases your bone density, which decreases your risk of bone disease. According to research, weight-bearing exercises and resistance training keep bones strong.

4. Limit your tobacco use and alcohol consumption and caffeine intake.

Research has shown that excessive alcohol consumption and caffeine intake, as well as smoking, prevents the body from absorbing calcium. Preventing the absorption of calcium means that bone mass steadily decreases increasing your risk of osteoporosis.

So keep those bones strong and healthy.