



Volunteers
of America®

COLORADO BRANCH

Healthy Living

News



Volume 14

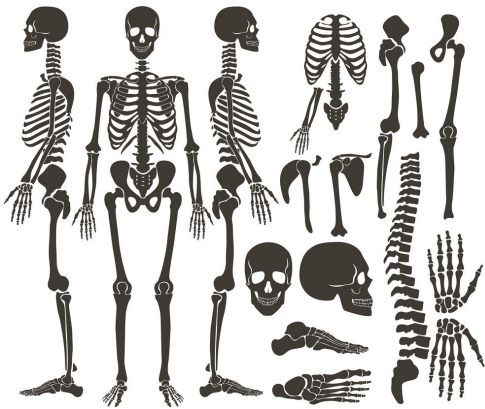
Issue 5

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Osteoporosis and Bone Health

There are **206** bones in the human body that compose the framework of the skeleton. Each bone designed for certain functions like walking, throwing, and protecting the organs.



Bones are continuously changing throughout the life cycle. Adolescents and young adults repair and make bone faster than middle aged and older adults. In fact, older adults, particularly women, experience bone loss after the age of 30. Therefore, maintaining bone density is very important.

Tips for Healthy Bones:

- Physical activity and weight bearing exercises help increase bone density and slow bone loss. Read *Resistance is Key!* for exercise ideas and further information.
- Adequate Vitamin D and Calcium contribute to maintaining bone health. Read *Mighty Bones and Diet* for additional nutrition recommendations.
- Avoid substance use to avoid bone loss. Drinking alcohol dehydrates the body and bones. Refer to the *Hydration* article at the bottom of page 3, for supplementary information.

Osteoporosis and other bone diseases are not always noticed right away. If you are concerned about your bone health, see your physician for further questions.

Mighty Bones & Diet

We hear a lot about calcium and vitamin D for strong bones. However, other nutrients also help us build strength and maintain our bone.

- **Phosphorus:** Next to calcium, it is the most abundant mineral in the body. About 85% of phosphorus in the body is in bones and teeth. The right balance between calcium and phosphorus is needed for good bone density and osteoporosis prevention. We need about 700mg of it per day. *Sources:* meat, poultry, fish, eggs, dairy, nuts, legumes, and whole grains.
- **Magnesium:** This enhances our bone quality. 50% of it is in the bone. Older adults are at increased risk for a deficiency. Men over 30 need 420mg, and women over 30 need 320mg a day. *Sources:* dark green leafy vegetables, potatoes, nuts, seeds, whole grains.
- **Potassium:** Potassium reduces calcium losses through the urine, which helps to maintain bone density. We need 4700mg per day. *Sources:* fruits, vegetables, chicken, turkey, fish, milk, and yogurt..

Do you feel like you should be exercising more?

Program includes:

- **Free** hand weights
- **Free** exercise instruction from a Fitness Professional
- **Free** nutrition counseling with a Registered Dietitian
- **Free** motivational calls weekly



Healthy Moves for Aging Program

- Have more energy
- Reduce Pain
- Breathe Easier
- Sleep Better



In the comfort, privacy, and safety of your own home this evidence-based exercise program is designed specifically for people 60 years or more, with one or more chronic health conditions.

Only available to: Denver, Arapahoe, Jefferson, Adams, and Douglas counties

Contact Auburn Dush, HM Program Coordinator, for more information at 303-297-0408

Resistance is Key!

As we age, if we aren't careful, our bones can become weak and break under the slightest strain. Luckily, weight-bearing activities can keep our bones strong! They want to be worked, just like our muscles.



The best way to improve your bone health is through **resistance exercises**— simply walking, cycling or stretching, although excellent for your overall

health, are not enough. A resistance band is one of the best tools you can use! Here are a few seated exercises to help you fight osteoporosis

TODAY: 8-12 reps for each

- 1) **Bicep Curl:** Place your feet on top of the middle of the band and hold one end in each hand. Relax your forearms on your thighs, palms facing up. Slowly pull the band toward your shoulders, only bending at your elbows (your shoulders shouldn't move) then lower.
- 2) **Upright Row:** Same position as above, but palms are facing thighs. Slowly pull the band up toward your chin, elbows flaring out at the sides, then lower.
- 3) **Abductions** Loop band just below knees and sit tall with feet shoulder width apart. Push knees outward against band, hold for 3 seconds then release.

Hydration

The best indicator of hydration is actually the color of your urine. Urine in someone who is dehydrated will be closer to the color of apple juice. When a person is hydrated that color will appear more clear, in a range from lemonade colored to even nearly clear. With age, there is a decreased sense of thirst or frequency of urination.

Tips to stay hydrated:

- Drink a full glass of water with medications.
- Take a water bottle with you everywhere you go.
- Drink water when you brush your teeth.

- Take a drink of water from every drinking fountain you pass.
- The best sources of fluids are: water, juice, milk, fruit, popsicles, or jell-o.
- Drink small amounts of water throughout the day, rather than a large volume all in one sitting.
- Try adding some cut fruit to your water to change it up.





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of America®**

COLORADO BRANCH

Helping America's most vulnerable™

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Quote of the Month

“Laughter is timeless,
imagination has no age,
dreams are forever.”

-Walt Disney



The Volunteers of America is a national non-profit, spiritually-based human service organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at: 303-297-0408

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging

Visit us on the web:
www.voacolorado.org

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Food Safety Tip

Keep raw vegetable and meats stored separately.