

Osteoporosis and Exercise

Q & A with Mike Pellegrini – Team Trainwithmike

Q: What type of exercise do I need to do in order to prevent osteoporosis?

A: With the Baby Boomer population aging, there has been growing awareness of disease prevention and general health. Osteoporosis is a condition of bone density loss and equates to a much higher risk of bone fractures. It affects over 24 million Americans and is 4 times more prevalent in women than in men. The disease is a major cause of bone fractures in older people. One in two women over the age of fifty will suffer from a bone fracture due to osteoporosis, compared to one in eight men.

The good news is that it is preventable through exercise. It has been proven that exercise has the most profound effect on bone density and structural strength and therefore is crucial for the prevention of osteoporosis. It is recommended to engage in both weight bearing activity and resistance training exercise. The former refers to exercise you perform on your feet that works against gravity, such as walking, jogging or aerobics. The latter refers to free weight exercise, resistance machines, cables and elastic band exercises. Remember that biking and swimming are not weight bearing activities so they do not count for these purposes. The specifics of your program would of course depend on your fitness level. But some general program design guidelines for an osteoporosis preventative routine would be:

- Moderate weight bearing activity: 15-20 min. at 75-95 BPM (beats per minute) 3 times per week.
- Full Body light resistance training: 10-15 reps and 1-3 sets per exercise, 3 times per week.
- Focus on balance, core and postural strengthening movements. Exercises that will help improve coordination.
- Stay away from isolated machine training and isolated movements in general. (e.g. leg extension machine, and concentration curls for the bicep)

Don't forget that nutrition also plays an important role in preventing osteoporosis. The two most important dietary elements are calcium and vitamin D. We can consume the desired amount of these elements if we eat five servings of fresh fruits and vegetables and three servings of dairy products per day.

I hate to repeat this annoying cliché, but it is never too late to start exercising! It is also never too late to prevent or slow down the effects of this disease! So with this new found information go get your body moving!

TIP OF THE WEEK

Reality dictates that most people don't achieve the required nutritional intake needed to fight a disease like osteoporosis. I recommend taking a high potency multi-vitamin once a

day and a calcium magnesium supplement. Remember that vitamin D is needed for calcium absorption. Your multi-vitamin should provide you with approx. 400 I.U. of vitamin D, which is sufficient, but you may take above 600 I.U. depending on your age and needs.

Great Calcium Rich Recipe: Recipe by Santemobile

Calcium comes in many forms – not just Dairy - including dark green vegetables like collard greens, bok choy and broccoli, soy products like tofu, and soymilk. Try this recipe to boost your Calcium intake!

Spicy and Sour Green Veggies

Grocery Stores are loaded with a wide variety of leafy green veggies year-round. If you've never really experimented much beyond spinach, now is the time to do so. Some leafy green veggies do have strong tastes that take getting used to; i.e. beet greens and chard. On the other hand, kale is generally mild and good tasting, as long as it is prepared properly. Bok choy, or Chinese cabbage, has a mild spiciness that adds great flavor to many dishes. Many cultures add vinegar to complement the flavor of leafy greens, and this Asian-inspired dish is no exception.

1 pound greens (bok choy, kale or collards)
2 teaspoons expeller-pressed canola oil
2 large cloves garlic, minced
1/4 teaspoon hot red-pepper flakes
1/4 teaspoon dry mustard powder
2 tablespoons rice vinegar
1 teaspoon soy sauce
1 teaspoon light-brown sugar

1. Wash and drain greens, remove any tough stems, and slice leaves into 1/2-inch shreds.
2. Heat the canola oil in a skillet over medium heat. Add the garlic and red-pepper flakes and stir-fry for 1 minute.
3. Add the veggies along with the mustard and stir to coat with the spices.
4. Combine the rice vinegar, soy sauce and sugar and add to the veggies in the skillet.
5. Cook covered over medium heat until veggies are tender, about 5 minutes.

*(*** Try adding Tofu cubes for a Protein source and serve on a bed of steamed basmati rice, and you have a great complete meal, loaded with Calcium!)*