



# STEP UP for BONE HEALTH



TAKE THESE FIVE STEPS TO BETTER BONE HEALTH AND OSTEOPOROSIS PREVENTION

1



## Eat bone-healthy foods

Calcium, proteins,  
vitamins & nutrients

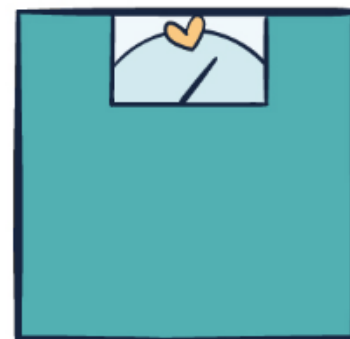
2



## Exercise

30-40 minutes,  
3 - 4 times per week

3



Maintain a  
healthy body weight  
Above 19kg/m<sup>2</sup>

4



Don't smoke and avoid  
excessive alcohol intake

5



Be alert to personal  
risk factors

Talk to your doctor,  
get tested

WorldOsteoporosisDay  
October 20



HEALTHY BONES  
AUSTRALIA