

Bone Health 2023

These cue cards are created with the sole intention of providing **general advice** and **guidance** for people of all ages.

The information has been collated by members of the Physiotherapy Dept and the Dietetic Dept in St Michael's House. The references for the exercise and dietary information are included on each information sheet.

If you have any queries about any aspect of the information shared and its relevance to you, please consult a health care professional.

If you are returning to exercise after a break, then start with short sessions (10 to 15 minutes). Add five minutes to each session, increasing every two to four weeks.

Gradually build up to being active at least 30 minutes a day for most days of the week.

If you have any concerns, please contact a healthcare professional for advice first.



'Healthy
Bones
are
Happy
Bones'

