

Bone Development

Natural bone loss with age – lower bone mass.

Diet

Important to have diet rich in **calcium** – e.g. milk cheese yogurt, **3 portions a day**

Vitamin D – e.g., eggs, oily fish, fortified cereals and milk and naturally from sunlight.

Recommended Daily Allowance

Calcium: 800 mgs daily

Ref: IOS, 2023

Vitamin D:

Healthy Older Adults 15mcgs or 600 iu daily, **Housebound Older Adults** 20mcg or 800iu

Ref: FSAI, 2023

Important

Bone health medication in older adults living in residential care settings with osteoporosis **should always be continued as prescribed.**

Exercise

Moderate intensity activity for at **least 30 minutes a day 5 days a week** (or 150 mins a week). Focus on aerobic activity, muscle strengthening and balance.

Examples: walking, running, dancing, gardening, Pilates, own body-weight workout, resistance bands, tai chi, martial arts, low impact aerobics

Ref: HSE National Physical Activity Guidelines for Ireland



Happy Bones 2023