

THE IMPORTANCE OF bone & joint health

Our bones are constantly broken down and rebuilt with new bone in its place, a process known as remodeling. This constant remodeling allows our body to strengthen the foundation for healthy movement, provide protection of vital organs and systems, serve as an anchor for our muscles, tendons, and ligaments, and act as storage for calcium. Joint health is just as important as our bone health but gets overlooked quite frequently. Simply put, a joint is any point in your body where two bones meet. Think of your elbow, knees, hips, and yes, even your skull. There are many different types of joints that facilitate different types of movement and provide protection. Given all these important functions, it's no wonder why we need to preserve bone and joint health.

Be sure to engage in regular weight-bearing exercises like walking or strength training, eating a balanced meal to get ample calcium and vitamin D in your body, and avoid tobacco and alcohol use. The best way to preserve joint health is to move! Engaging in a regular exercise program that incorporates flexibility training can preserve full range of motion in that joint. Consuming a nutrient-dense diet can keep us at a healthy weight, giving our joints minimal stress to move us freely throughout the day. And if you play sports, be sure to wear protective gear!

FOODS RICH IN CALCIUM

Dairy products: milk, cheese, yogurt

Leafy green veggies: kale, collards, spinach

Canned fish with bones: salmon, sardines

Fortified foods: cereal, OJ, soy milk

Nuts & seeds



FOODS RICH IN VITAMIN D

Fatty fish: tuna, salmon, mackerel

Eggs: yolks

Liver: chicken, beef

Fortified foods: milk, OJ, cereal

Mushrooms

