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LETTER TO THE EDITOR:

The National Osteoporosis Foundation (NOF), the leading patient-oriented healthcare organization focused on bone health, would like to clarify points made by Gina Kolata in her April 1, 2016 article, “Exercise is Not the Path to Strong Bones,” that addressed a misconception about exercise and osteoporosis.

As Ms. Kolata stated, the science regarding exercise to help build bone in adults is inconclusive, however the benefits of exercise for overall bone health and fracture prevention is clear. Exercise, both weight-bearing and muscle-strengthening, improves balance, posture and mobility in everyday activities. Exercise increases muscle strength and decreases the risk of falls and broken bones, which is critical as we age. In addition, NOF’s recent study on building Peak Bone Mass showed strong evidence for the positive effect of physical activity, especially during the late childhood and peripubertal years—a critical period for bone building.

Exercise is critical for overall health and disease prevention and it promotes good posture, strength, movement, flexibility and balance for people with osteoporosis and those looking to keep their bones healthy and strong.

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