



NATIONAL OSTEOPOROSIS MONTH

EVERY DAY IN THE MONTH OF MAY,
DO SOMETHING TO STAY BONE STRONG!

1

START THE
10,000 STEPS
A DAY
CHALLENGE

2

LEARN ABOUT
BONE HEALTH
BASICS
THROUGH
BALANCE

3

ARE YOU
GETTING
ENOUGH
CALCIUM?

4

FACT:
UP TO 1 IN 4
MEN AGE 50+
WILL BREAK A
BONE DUE TO
OSTEOPOROSIS

5

EAT THE RIGHT
FOODS TO
BUILD AND
MAINTAIN
GOOD BONES

6

FIND A RECIPE
THAT FUELS
BONE HEALTH



7

EAT CALCIUM
RICH FOODS



8

BONE BASICS:
FACTS ABOUT
OSTEOPOROSIS



9

LEARN ABOUT
CALCIUM
SUPPLEMENTS
AND BONE
HEALTH

10

TALK TO YOUR
DOCTOR ABOUT
MEDICATIONS



11

EMPOWER
YOURSELF AND
YOUR FRIENDS
WITH THE
FACTS

12

MOVE SAFELY
AND PREVENT
FALLS



13

LISTEN AND
LEARN ABOUT
BONE HEALTH



14

ASK YOUR
DOCTOR
THE RIGHT
QUESTIONS
ABOUT YOUR
RISK

15

DO WEIGHT-
BEARING
EXERCISES



16

FRACTURE
PREVENTION
FOR DAILY
ACTIVITIES

17

DO YOU OR A
LOVED ONE HAVE
OSTEOPOROSIS?



18

CHECK OUT OUR
PODCAST SERIES,
HAPPINESS:
A KEY FACTOR IN
YOUR LIFE

19

IDENTIFY A
HEALTHCARE
PROVIDER WHO
FOCUSES ON
BONE HEALTH

20

IS IT A
COMPRESSION
FRACTURE OR
A PULLED
MUSCLE?

21

LEARN
MORE ABOUT
PROGRAMS
THAT MAY SAVE
YOU MONEY

22

FUEL OUR
MISSION: START
YOUR OWN
FUNDRAISER



23

JOIN OUR
PATIENT
REGISTRY
SURVEYING
PATIENTS &
CAREGIVERS

24

EMPOWER
OTHERS BY
SHARING YOUR
STORY

25

CONNECT WITH
OUR ONLINE
COMMUNITY



26

JOIN A
SUPPORT GROUP



27

CHOOSE OR
BECOME A
HEALTH PROXY

28

JOIN OUR
AMBASSADORS
LEADERSHIP
COUNCIL

29

LEARN WHAT
MEDICARE
COVERS

30

LISTEN TO
PERSPECTIVES
ON CAREGIVING

31

PROVIDE
EDUCATIONAL
MATERIALS TO
31 PATIENTS

FOR MORE INFORMATION, VISIT
WWW.NOF.ORG/NATIONAL-OSTEOPOROSIS-MONTH