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.NOFS.ORG/NATIONAL-OSTEOPOROSIS-MONTH

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