



Press Release
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Get Active! Texas

Movement Promotes Healthy Bones

Fact Sheet

It is essential to make exercise a regular part of your daily routine, starting from a young age and well into the senior years. Orthopaedic surgeons recommend getting at least 30 minutes of moderate activity a day to:

- strengthen bones,
- increase muscle size and strength,
- increase bone mass and density,
- increase elasticity in tendons and ligaments,
- decrease joint inflammation, and
- prevent cartilage degeneration.

Benefits of Physical Activity

- Get at least 30-60 minutes of physical daily to maximize musculoskeletal health and control body weight.
- Developing healthy habits in childhood can influence behavior in adulthood
- Health bone mass can prevent conditions such as osteoporosis later in life.
- Regular, moderate exercise can improve arthritis pain and mobility.
- Research shows physical activity strengthens the heart and lungs, lowers blood pressure, improves muscle strength and flexibility, reduces stress and depression, helps control weight and improves sleep.

