



Movement Promotes Healthy Bones

Press Release  
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### **Austin, Texas – Bone Builders**

The amount of exercise a person gets - from the beginning of childhood and throughout his/her life – can affect bones, muscles, joints, behavior, weight and much more. Orthopaedic surgeons urge you to develop healthy nutrition and lifestyle habits that will maximize your musculoskeletal health.

Bone building activities for the sedentary can begin with less vigorous forms of exercise. Start with walking, gardening or dancing on a regular basis. Practical activities such as cleaning house, carrying your own groceries, and mowing the yard could be healthy and productive. What about sports? Are you interested in golf or bowling? These lighter sports will increase your activity level without even seeming like exercise.

Step it up a level once you feel you are able to move into physical activities such as hiking, weight lifting, step aerobics, or simply choosing to walk the block that leads uphill. Tennis, skiing, basketball or running could be incorporated into your moderate sports routine. Remember though, when you increase your bone building sports level, it may be necessary to check with your physician to see if there are medical reasons to limit your activities.

Whatever it is you can do to get at least 30-60 minutes of physical activity daily will maximize musculoskeletal health and control body weight. For the sake of your musculoskeletal health, orthopaedic surgeons ask you to **Get Active! Texas**.

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The **Get Active! Texas** public health campaign by the Texas Orthopaedic Association advocates healthier musculoskeletal systems and obesity prevention through increased physical activity. Orthopaedic surgeons encourage Texans to keep your bones strong.

