



Movement Promotes Healthy Bones

**Press Release**  
**Contact:**  
**Donna C. Parker**  
**512-370-1505**

## **Get Active! Texas**

### **Austin, Texas - Orthopaedic Surgeons Encourage Texans to Build Stronger Bones**

According to recent statistics, a startling 300 million people worldwide are obese, and a whopping 750 million are overweight. Also, approximately 44 million Americans have or are at serious risk of osteoporosis, with more than 1.5 million new fractures occurring annually. Orthopaedic surgeons are concerned about these statistics and the **Get Active! Texas** public health campaign by the Texas Orthopaedic Association (TOA) advocates healthier musculoskeletal systems and obesity prevention through increased physical activity. The **Get Active! Texas** public health campaign focuses on the importance of movement, instead of staying sedentary, as well as the building bone mass early in life to prevent osteoporosis.

Bones need weight-bearing activity to grow strong and stay strong at any age, so orthopedists urge you to go outside, take a walk, and play with the dog. 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. Physical activity is a great way for kids to build bone strength and stay healthy, along with safety and prevention practices. For adults, appropriate amounts of calcium, vitamin D and performing regular weight-bearing exercises can help prevent osteoporosis, future bone fractures and height loss.

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. That is why the goal of the TOA **Get Active! Texas** campaign is to encourage both children and adults to participate safely in a variety of lifestyle and physical activities. People of all ages should have the appropriate amount of physical activity daily which is essential for musculoskeletal health and obesity prevention.

###

*Texas Orthopaedic Association ([www.toa.org](http://www.toa.org)) is a non-profit organization of over 1500 orthopaedic surgeons across the State of Texas. An orthopaedic surgeon is a medically degreed physician with extensive training in the diagnosis of musculoskeletal problems and the treatment of bones, joints, ligaments, tendons, nerves and muscles.*

