



40 THINGS TO DO TO PREVENT OSTEOPOROSIS

For yourself, for your family, for your community.

1. Join or start a Keep Moving walking group in your community. For more information, call Jan Marble at (617) 994-9808.
2. Call your local radio station to suggest a program on osteoporosis.
3. Have an alcohol-free party.
4. Try calcium-fortified OJ.
5. Talk with a child about building strong bones.
6. Bring a calcium-rich snack to work and share with co-workers.
7. Take a group dancing.
8. Quit smoking or encourage others to do so.
9. Post a calcium-rich recipe.
10. Try a high calcium vegetable like broccoli, collard greens, or bok choy.
11. Take a friend for a walk.
12. Have a frozen yogurt party.
13. Post this number: 1-800-95-BONES.
14. Organize an osteoporosis education and sharing session for perimenopausal women.
16. Talk to groups of men about osteoporosis.
17. Try tofu.
18. Make a "Take the Stairs" sign and hang it by the elevator.
19. Organize a game of tennis.
20. Inform clients about medications, calcium supplements, and reducing osteoporosis risk.
21. Talk with seniors about fall prevention, home safety, and strength training.
22. Get off the bus or train one stop early (convince others to do this too).
23. Make yogurt shakes.
24. Organize a "lunch break" walk.
25. Go for a jog with a friend.
26. Lift light weights while watching television.
27. Make an Osteo bulletin board (use materials available from the Massachusetts Department of Public Health by calling 1-800-95-BONES).
28. Organize a bike ride.
29. Organize a talk for adolescents about body image and strong bones.
30. Introduce someone to soy milk.
31. Talk to a Girl Scout troop about osteoporosis.
32. Contact and meet an educator from your nearest Regional Center for Healthy Communities.
33. Talk with your doctor about osteoporosis prevention and care.
34. Have a conversation with young people you know about the "waif look" and other media images.
35. Check out the Osteoporosis and Related Bone Diseases National Resource Center website at www.nof.org.
36. Check out the Massachusetts Health Promotion Clearinghouse website at www.maclearinghouse.com.
37. Write a column on osteoporosis prevention for your workplace newsletter.
38. Check out "This is Your Life," a theater-based osteoporosis education program for young people- call FoodPlay at 1-800-366-3752.
39. Try Tai Chi. Sign up for a class or rent a video on Tai Chi and exercise at home.
40. Have a conversation with the women in your family about osteoporosis.