How To Improve Bone Health *(Continued)*

Diet: Eat a balanced diet with calcium-rich foods, dairy products, and fish. The National Academy of Medicine recommends 1,000 mg of calcium per day for women 50 and under, and 1,200 mg per day for women 51 and older.

Exercise: Get regular weight-bearing exercise, like walking, dancing, or playing tennis. You can also try activities to improve balance and core strength, like yoga, Pilates, or tai chi.

Vitamin D: Get enough vitamin D from sunshine or supplements.

Fall prevention: Learn techniques to prevent falls, such as keeping your floors clear of obstacles and wearing glasses if necessary.

Screening: Get a bone density screening if you have risk factors or are over 65.

Go to: **Facts About Bone Density (DEXA Scan) – CDC,** and learn more!

Some Bible verses that mention healthy bones include:

Proverbs 3:8 NKJV
It will be health to your flesh, And strength to your bones. This verse promises health and strength to those who trust and fear God.

Isaiah 58:11 NKJV
The Lord will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.

Proverbs 15:30 NIV
Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones.

In the Metro-Detroit, Michigan Area, you can get a bone density test at Karmanos, Trinity Health, and McLaren.

Karmanos Cancer Institute
4100 John R
Detroit. MI 48201 (800) 527-6266

Trinity Health
Ann Arbor Hospital: 5301 E. Huron River Dr., Ann Arbor, MI 48106, (734) 712-3567
Canton: 1600 S. Canton Ctr. Rd., Canton, MI 48188, (734) 712-1313