

Protection against Osteoporosis

Bones need both weight-bearing exercise and sufficient calcium for protection. Seventeen studies have found that calcium from food or supplements is not absorbed and utilized by the bones without moderate weight-bearing exercise that stresses the skeleton sufficiently and stimulate bone building cells. Conversely moderate exercise up to two miles a day without sufficient calcium will not help the bones. — *University of Cincinnati Medical Center*

Brisk walking is just as protective against heart disease as more vigorous exercise. 2 ½ hours a week of either one created a 30% lower risk compared to the sedentary group. — *New England Journal of Medicine*

CFR COMMENT - H. Goslins
Brisk walking is 3.5 mph for a 17 minute mile resulting in a pace of 170 steps per minutes. How can you manage proper bone density if you are unable to even walk because of your pain and symptoms?