

BONE HEALTH

Ways to reduce your risk of breaking a bone

Low levels of sunlight during the winter months means that by the time the clocks go forward (Sunday 31 March), many people in the UK will be vitamin D-deficient.

This means our bodies will be struggling to absorb the calcium needed for healthy bones. So here are five ways to give your bones some love this spring.

1 Get enough vitamin D

Enjoy safe exposure to sunlight and take a supplement or increase your intake of oily fish (salmon, mackerel and sardines), red meat, egg yolks, leafy green vegetables and mushrooms to boost your vitamin D levels.

2 Eat enough calcium

Calcium is essential for strengthening bones, but our bodies can't make it so make sure your diet is calcium rich. Good sources of calcium include milk, cheese, other dairy foods, nuts, soy and leafy green vegetables.

3 Keep active

Our bones are living tissue and become denser and stronger in response to forces placed upon them. Try to do ten minutes of 'loading exercise' such as brisk walking, climbing the stairs or jogging every day.



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4 Grow your bone account

We lose bone strength in later years, from the age of 35 years old. Think of your bones as a bank account. The more deposits you make now, by eating well and exercising, the less 'overdrawn' you'll be in later life.

5 Maintain good posture

Posture has an important role to play in safeguarding bone strength, especially when it comes to our spines. Make sure you're working ergonomically and know how to lift and do repetitive tasks safely.

Top tips

- Enjoy safe exposure to sunshine
- Eat dairy foods, soy or leafy greens
- Build bone strength with exercise
- Act now to help bones in future
- Maintain good posture at work

PAM OH Solutions is an occupational health provider that is committed to reducing sickness absence and boosting employee wellbeing. For more expert tips, please visit: pamgroup.co.uk/insights