

## **Bone Health Check: Are Your Bones Strong and Healthy?**

Answer these questions to get a quick snapshot of your bone health and discover areas for improvement.

### **1. Dietary Habits:**

- **How often do you consume dairy products (milk, yogurt, cheese)?**
  - Daily (1 point)
  - A few times a week (2 points)
  - Rarely or never (3 points)
- **Do you regularly eat leafy green vegetables (kale, spinach, collard greens)?**
  - Yes (1 point)
  - Sometimes (2 points)
  - No (3 points)
- **Do you consume other calcium-rich foods like almonds, sardines, or fortified foods?**
  - Yes (1 point)
  - Sometimes (2 points)
  - No (3 points)
- **Do you get regular sunlight exposure or take a vitamin D supplement?**
  - Yes (1 point)
  - Sometimes (2 points)
  - No (3 points)
- **Do you consume enough protein?**
  - Yes (1 point)
  - Sometimes (2 points)
  - No (3 points)

### **2. Lifestyle Factors:**

- **Do you engage in weight-bearing exercises like walking, dancing, or strength training at least 3 times a week?**
  - Yes (1 point)
  - Sometimes (2 points)
  - No (3 points)

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- **Do you smoke or consume excessive alcohol?**
  - No (1 point)
  - Occasionally (2 points)
  - Yes (3 points)
- **Have you had a bone density test in the past 5 years?**
  - Yes (1 point)
  - No (2 points)

### 3. Personal & Family History:

- **Have you ever experienced a fracture?**
  - No (1 point)
  - Yes, but not after age 50 (2 points)
  - Yes, after age 50 (3 points)
- **Do you have a family history of osteoporosis?**
  - No (1 point)
  - Yes (2 points)

### Score Interpretation

- **8-12:** Your bone health looks good! Keep up healthy habits.
- **13-18:** There's room for improvement. Consider increasing your calcium and vitamin D intake and incorporating more weight-bearing exercise into your routine.
- **19 or more:** Your bone health might be at risk. Talk to your doctor about bone density testing and personalized recommendations.

### Recommendations:

- **Focus on a balanced diet** rich in calcium, vitamin D, and protein.
- **Get regular exercise**, including weight-bearing activities.
- **Consider supplements** if your diet doesn't provide enough calcium or vitamin D.
- **Talk to your doctor** about bone health screenings and any necessary interventions.

**Disclaimer:** This checklist is not a substitute for professional medical advice. Consult with a healthcare provider for personalized guidance on your bone health.

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**Call to Action:** Take charge of your bone health today! Download our free "Bone-Building Meal Plan" to get started.

<https://saziboxfam.com/wp-content/uploads/2024/08/Bone-Building-Meal-Plan-for-Seniors.pdf>