

## Strengthen Your Bones With These Exercises

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By the time you reach your 30s, you'll have reached your peak bone mass, the point wherein bones will have reached their maximum strength. And after that time, bone loss or the lessening of bone tissue will start to occur unless you prevent it through constant exercise. This is because engaging in regular exercise can help strengthen both your bones and the muscles that support them.

Did you know that the 3 most prone to suffering from bone fracture are the forearms, spine and the hips?

Below are a few regular exercises you can do to help maintain bone mass in these parts:



Screenshot from [www.youtube.com/watch?v=o\\_UD5Vkv4oU](http://www.youtube.com/watch?v=o_UD5Vkv4oU)

## 1. For the Back (Spine) and Glutes (Hips)

### Romanian Deadlift

#### HOW TO:

Stand up with your feet together. Bend knees slightly. Bend forward from the waist, contract the abs and keep your back straight. Feel the squeezing of your glutes, then return to standing position. Do 8 to 10 reps in sets of 1 to 3. You can hold a body bar or dumbbell in each hand while doing the movements.



Screenshot from [www.youtube.com/watch?v=l3P0Htp7KzI](http://www.youtube.com/watch?v=l3P0Htp7KzI)

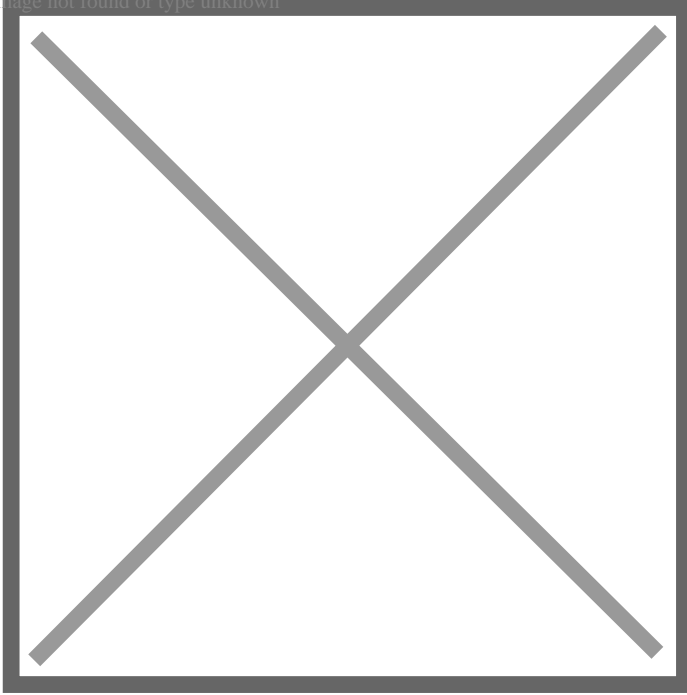
## 2. For the Bicep and Forearm

### Bicep Curl

#### HOW TO:

Stand up with your feet apart. Extend your arms to the side while holding a barbell or dumbbell in each hand. Bend your elbows and bring up the weights toward your shoulders. Then, lower slowly to the starting position. Do 8 to 10 reps in sets of 1 to 3.

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Screenshot from [www.youtube.com/watch?v=\\_gsUck-7M74](http://www.youtube.com/watch?v=_gsUck-7M74)

### 3. For the Tricep, Shoulders and Forearm

#### Tricep Extension

##### HOW TO:

Stand up with your feet apart and knees bent slightly. Extend one arm overhead while holding a dumbbell. Bend the arm and lower the weight slowly to the shoulder blades. Straighten the elbow slowly and return to starting position. Do 10 to 15 reps and do the same using the other arm.

Aside from exercising, eating a diet rich in calcium and vitamin D like tuna, sardines, spinach, okra, cereal and beef liver can also help keep the bones healthy. You can also drink calcium in a different and refreshing way by having a glass of [Del Monte Bone Smart 100% Pineapple Juice](#) or [Orange Juice Drink](#). Del Monte Bone Smart is fortified with calcium equivalent to two glasses of milk, so you get the extra calcium you need to have really strong bones and prevent bone loss.

Always keep your bones healthy to maintain optimum mobility even as you age!

##### Sources:

*Exercise for Your Bone Health*, [http://www.niams.nih.gov/health\\_info/bone/Bone\\_Health/Exercise/default.asp](http://www.niams.nih.gov/health_info/bone/Bone_Health/Exercise/default.asp)

*Best Exercises for Bone Health*, <http://www.prevention.com/health/health-concerns/strength-training-exercises-strong-bones>

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