\- Bones

What can you do to improve your bone health?

HT Cafe · 14 Jul 2022 · 04

While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health, too. Vitamin D affects our bone health as we need it to absorb calcium. Including it in your diet can, thus, be beneficial. Consuming foods such as milk and butter, and sea foods are also rich in vitamin D. Increasing calcium intake can also help. It is found in abundance among the dairy products, and even nuts and seeds. It's also important to make sure your diet is rich in iron. Muscle training is a very good way to strengthen your bones and overall muscle mass as well. Practising strength training at least five days a week is recommended. Yoga is said to give strength to the bones when practised regularly. Avoiding excessive intake of alcohol and tobacco can improve bone health. Women are prone to osteoporosis with old age. In order to stay safe, they must take supplements, if recommended by their doctor. Apart from the main nutrients, make sure to include colours in your food. More the colours, more are the nutrients in your diet! Independent clinical consultant