

# What MOVES You



## **Bone Density & Exercise**

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### **What is bone density loss?**

Bone density loss refers to a condition where the bones become weaker and more fragile. It can happen to those living with cancer to various factors like cancer treatments, such as chemotherapy or hormone therapy, which can affect the body's ability to build and maintain healthy bones.

### **Why is exercise important for bone density?**

Exercise is important for bone density in cancer patients because it helps strengthen the bones and prevent further bone loss. By engaging in regular exercise, cancer patients can improve their bone health and reduce the risk of fractures and other bone-related problems.

### **Benefits of exercise for those with bone density problems:**

- Exercise helps increase bone density and prevent further bone loss.
- Regular physical activity stimulates the production of new bone tissue, making bones stronger.
- Weight-bearing exercises, such as walking or jogging, can improve bone density in specific areas prone to loss.
- Strength training exercises, like lifting weights, promote bone health and increase bone density.



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### **Benefits of exercise for those with bone density problems:**

- Exercise improves balance and stability, reducing the risk of falls and fractures.
- Physical activity enhances muscle strength, which provides additional support and protection to weakened bones.
- Regular exercise can help alleviate bone pain and discomfort experienced by cancer patients or survivors.

### **What types of exercise help those with bone density loss?**

- Walking: Taking regular walks, whether outdoors or on a treadmill, helps improve bone density.
- Dancing: Participating in dance classes or dancing at home provides weight-bearing exercise for the bones.
- Hiking: Going on hikes, especially on uneven terrains, helps stimulate bone growth.
- Strength training: Lifting weights or using resistance bands helps build muscle strength and improves bone density.



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### **What types of exercise help those with bone density loss?**

- Stair climbing: Climbing stairs or using a stair climber machine is a weight-bearing activity for the legs and can improve bone density.
- Tai Chi: Practicing Tai Chi combines gentle movements with balance, which can help maintain and improve bone health.

### **Example 30-minute exercise routine for those with bone density loss**

#### **Warm-up (5 minutes):**

- Start with a brisk walk on a flat surface for 2 minutes.
- Perform gentle arm swings and leg swings to loosen up the joints.

#### **Strength training (10 minutes):**

- Perform two sets of 10-12 reps of weightlifting exercises, such as bicep curls and overhead presses, using dumbbells or resistance bands.
- Follow it up with squats or lunges if you are able to engage the leg muscles and improve bone density.

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### **Example 30-minute exercise routine for those with bone density loss**

#### **Cardiovascular exercise (10 minutes):**

- Incorporate a mix of exercises like walking, hiking, or dancing. Begin with a 3-minute brisk walk, then alternate between 1 minute of dancing or any other preferred aerobic activity. Repeat this cycle for 10 minutes.

#### **Cool-down and stretching (5 minutes):**

- Slow down your pace and end with a 3-minute walk to gradually bring your heart rate down.
- Perform gentle stretches for major muscle groups, including the calves, quadriceps, hamstrings, chest, and shoulders.

Remember to listen to your body and adjust the intensity of each exercise based on your comfort level. **You should always talk with a healthcare professional and a certified exercise specialist before starting any new exercise routine, especially if you have bone density issues.**