



Health & Fitness Weekly Wellness Message

World Osteoporosis Day is observed annually on 20 October, and launches a year-long campaign dedicated to raising global awareness of the prevention, diagnosis and treatment of osteoporosis and metabolic bone disease. Osteoporosis, which literally means "porous bone", is a disease in which the density and quality of bone are reduced. As the bones become more porous and fragile, the risk of fracture is greatly increased. The loss of bone occurs "silently" and progressively. Often there are no symptoms until the first fracture occurs.

Organized by the International Osteoporosis Foundation (IOF) every year, this year's World Osteoporosis Day campaign theme, under the banner of 'Love your Bones' reminds everyone to take three essential steps towards osteoporosis **prevention**:

- 1. Do daily weight-bearing and muscle strengthening exercises.** There is a strong relationship between physical activity and bone health at all ages. To build and maintain strong bones and prevent muscles from wasting away, we need to keep moving. Put simply, it's a case of *move it or lose it!* Information on the role of exercise and bone health can be found at:
<http://www.worldosteoporosisday.org/facts-exercise.html>
- 2. Ensure you are getting enough vitamin D.** Sufficient vitamin D is an essential requirement for healthy bones, strong muscles and fall and fracture prevention. Vitamin D enhances the benefits of staying physically active and a calcium and protein-rich diet. To learn more about Vitamin D and its role in bone health, click on the following link:
<http://www.worldosteoporosisday.org/facts-vitamin-d.html>
- 3. Eat a balanced diet with plenty of calcium-rich foods.** A calcium and protein-rich diet combined with vitamin D is essential to improve bone and muscle health at all ages. Together with physical activity, these nutrients are important pillars of osteoporosis prevention. For key nutrition tips on how you can maintain adequate bone health with calcium and protein, click on the following link:
<http://www.worldosteoporosisday.org/facts-nutrition.html>

We've all seen the ads in the magazines "GOT MILK." The question is do you ever really take the time to assess whether or not you have gotten enough? The recommended daily adequate intake for calcium is as follows:

- 19-50 year olds = 1000 mg per day
- 50 years and older = 1200 mg per day

Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 450mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

The best way to know if you are meeting your daily calcium needs is to check the food label. The nutrition labels show a "percent daily value" for calcium. The daily value used for these labels is 1000 mg. This makes it very easy to calculate the calcium content: just add a zero to the % daily value! For the example shown here, the label says one serving has calcium 20%; therefore, it has 200 mg of calcium. Remember to check the serving size on the top of the label; sometimes it is not what you would expect.

$$\text{Calcium } 20\% = 200\text{mg}$$

To find the calcium content of foods, read the nutrition label or use the on-line data-base from the [U.S. Department of Agriculture](http://www.nutrition.gov).

To help increase your awareness of bone health and to see how you "measure up," Health Fitness will be hosting a **FREE BONE DENSITY SCREENING** on Monday, the 31st of October. Stop by Building 59 (ICAF), room 107 to take advantage of the **FREE** screening. We have scheduled a heel bone mineral density scan which uses an ultrasonometer device to perform a quick and painless ultrasound measurement of the heel bone. No appointment is necessary, first come first served. **This service is open to spouses as well.** The time will be announced at a later date.

Upcoming noteworthy events:

Breast Cancer Awareness Lunch and Learn
Tuesday the 18th of October
Building 59, room 107 from 1200-1300
Feel free to bring your lunch and join us!

Armed Services Blood Program Blood Drive
Monday the 24th of October
Building 59, room 107 from 1000-1400
Come on out and donate to a **GREAT CAUSE!!!!!!**
Donors can go to www.militarydonor.com to register for an appointment. The sponsor code is McNair.

LOVE YOUR
BONES



embrace an active lifestyle



embrace calcium rich foods



embrace vitamin D

WorldOsteoporosisDay
October 20, 2011