

Bone Health for the Long Run

Strong bones are essential for staying active and independent as we age. Osteoporosis is a condition that causes bones to become weak and more likely to fracture—but the good news is that many steps to support bones health can start early and make a real difference.

Why bone health matters

Bones naturally lose density over time, especially with aging, hormonal changes and inactivity. Without proper care, this bone loss can increase the risk of fractures, particularly in the hips, spine and wrists.

Key ways to support strong bones

- **Stay active:** Weight bearing and strength training exercises—like walking, dancing, resistance training or yoga—help stimulate bone growth and maintain density.
- **Fuel your body:** Calcium and vitamin D play a major role in bone health. A balanced diet with dairy, leafy greens, fortified foods and adequate protein supports strong bones.
- **Build healthy habits:** Avoid smoking and limit alcohol intake, as both can weaken bones over time.
- **Know your risk:** Age, family history and certain medical conditions can increase osteoporosis risk. Regular checkups and screenings help catch bone loss early.



Boost Mental Health with Better Nutrition

Our diet and mental health are more interdependent: what we eat affects our mental and physical health, and our mental health status directly affects what we choose to eat. While a well-rounded diet is optimal, healthier foods are often more expensive and harder to access. Our mental health also can impact the effort we put into how we nourish ourselves on a given day. Here are some tips for how to start small and best nourish our bodies and minds:

Eat regularly

Skipping meals can affect blood sugar levels which can affect moods and energy levels.

Stay hydrated

Dehydration can cause mood swings and impact the ability to focus.

Balance your diet

Maximize brain function by consuming healthy fats like avocados, eggs, oily fish, olive oil, nuts, seeds, etc. Eat whole grains, fruits, vegetables and try to incorporate protein into every meal. Avoid trans fats, found in processed and packaged foods.

Monitor your caffeine intake

Especially around bedtime as it can affect sleep, cause irritability and anxiousness. In addition to coffee, caffeine is found in tea, soda, energy drinks and chocolate, so be mindful when you consume those products.

If you want to take it a step further, keep a journal and make notes about how certain foods affect you. Whether they make you feel better, worse, tired, energetic, etc., every person will react differently to what they are consuming; it's important to listen to your body.