

Personal Checklist for Improving Bone Health

Using the table below, rate yourself by putting a check mark in one of the columns for each of the five ways to improve bone health. In the space below the table, write at least one thing you plan to do in the next 3 months to improve your bone health.

| | Satisfactory | Need Improvement | Unsatisfactory |
|--|--------------|------------------|----------------|
| Ensure you are eating a diet rich in calcium and get enough vitamin D. Foods rich in calcium include lowfat milk and cheese, yogurt, broccoli, and calcium-fortified foods. Vitamin D is made by the body after exposure to sunlight. | | | |
| Do weight-bearing exercise. This includes any kind of physical activity that requires you to support your own body weight, such as walking, tai chi, lifting weights, and dancing. | | | |
| Do not smoke and limit your alcohol intake. | | | |
| Talk to your healthcare professional about bone health. | | | |
| Have a bone density test and take medication, when appropriate. Every woman over age 65 should have a whole bone density scan every 2 years, which is covered by Medicare with a referral from your physician. | | | |

I plan to improve my bone health by doing the following within the next 3 months: