

Taking CONTROL

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BONE HEALTH



Strong Bones

Are Built

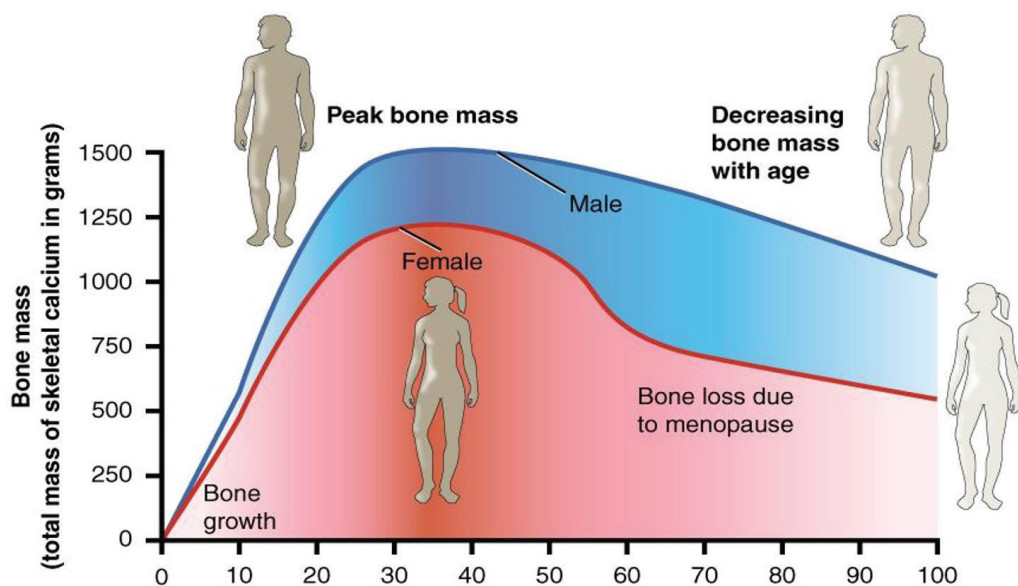
Across the

Lifespan!

DID YOU KNOW?

Peak bone mass is reached in our mid-to-late 20s and childhood and adolescent habits strongly affect future fracture risk. Daily habits can either build bone or accelerate breakdown.

BONE MASS BY AGE



Common Habits Affecting Bone Health:

Childhood & Teen Years

- Less physical activity and PE time
- Increased screen time and sitting
- Poor nutrition
- Smoking or alcohol use
- Highly scheduled lifestyles with less free movement

Adult Years

- Sedentary work
- Skipping meals or poor nutrition
- Stress and lack of self-care

Bone Health is Influenced by More Than Age

- Injuries, surgeries, and chronic diseases
- Pain that limits movement
- Steroid medications or injections

Later Years

- Decreased activity
- Weakness and balance decline
- Fear of falling
- Less weight-bearing activity
- Reduced confidence with movement

Bones Respond to Movement!

Throughout life, our bones are constantly remodeling – building up and breaking down. When illness, hormone changes, weakness, balance problems, or inactivity reduce movement, the body loses important bone- and muscle-building stimulation.

Good news!

Positive changes at any age can still improve strength, mobility, and overall bone health. to engage in alternative physical activities.

Know Your Risk

The U.S. Surgeon General's recommendations for osteoporosis management emphasize prevention, assessment, and individualized care. A comprehensive bone health assessment may include:

- DXA Bone Density Scan
- Body Composition Testing
- Nutrition & Nutrient Absorption Assessment
- Medication Review
- Chronic Disease Management
- Self-Risk Assessment Tools
- Routine Physicals & Lab Work
- Mental Health Assessment
- Physical Therapy



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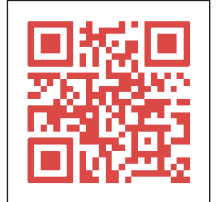


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KNOW OUR RISK—Take Action

While we cannot completely rebuild bone structure, we can:

- Manage your chronic diseases
- Improve strength
- Improve balance and posture
- Reduce fall risk
- Increase confidence with movement
- Advocate for children to reduce screen time, increase free play and the importance of physical education and activity in our schools
- Support healthier aging

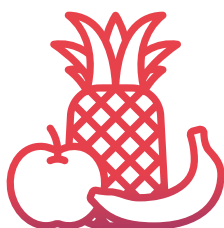


Scan the QR Code to Calculate Your Fracture Risk

Strong Bones, Steady Steps: Nutrition for Balance and Falls

As we age, staying upright becomes more challenging and more important. Falls are the leading cause of injury and injury-related death in adults 65 and older. The CDC reports that more than 14 million older Americans (1 in 4) fall each year, and in 2021, falls led to nearly 3 million emergency-department visits.

That may sound daunting, but here's the encouraging part: nutrition and movement can dramatically reduce that risk. Studies show that combining resistance training with adequate protein and micronutrients may reduce falls by as much as 30-40%.



Your Nutrition Action Plan

- **Prioritize Protein:** Aim for 0.45-0.55 g/lb body weight daily to preserve muscle mass and bone strength, while improving reaction time and stability.
Try: Eggs at breakfast, Greek yogurt or cottage cheese for snacks, or chicken, fish and beans at meals.
- **Calcium + Vitamin D:** These partners work together to support bone density and muscle function.
Try: Dairy, fortified plant milks, leafy greens, and safe sun exposure.
- **Magnesium & Vitamin K2:** Often overlooked, they aid in bone remodeling and coordination.
Try: Nuts, seeds, whole grains, and greens.
- **Hydration:** Even mild dehydration can impair balance and cognition.
Try: Sipping water throughout the day and water-rich foods like fruit, soups, and cooked vegetables.
- **Fuel for Movement:** Pair carbs and protein before activity for energy and strength training.
Try: Greek yogurt with fruit before a walk or resistance session.

*Nutrition needs vary by health status, medications, and lifestyle. This information is for general education only.

About Alissa Mick, MS, RDN, LD

As a Registered Dietitian specializing in performance and sports nutrition, she helps individuals learn how to properly fuel their bodies and build a healthier relationship with food. Her approach is evidence-based and holistic, focused on creating sustainable, personalized nutrition plans that support each client's unique goals, performance needs, and lifestyle.

Any questions?

Email: alissamick@protonmail.com | Call/Text: 913.229.5615

Make today a beginning!

Call Maximum Performance at 785.776.0670 and make an appointment with our staff to start on the path to bone health.

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