

# BONE DEEP

## STRENGTH FOR EVERY BODY

Bones may feel solid and unchanging, but they are actually living, dynamic tissue constantly breaking down and rebuilding. This remodeling process responds to the signals you send through movement, nutrition, hormones, and daily habits. As we age, bone breakdown naturally accelerates, especially if we're inactive, under-fueled, or sitting for long stretches. But the encouraging truth is that bones stay responsive throughout life; they strengthen when we challenge them.

**RESISTANCE OR IMPACT EXERCISES:** One of the most effective ways to stimulate bone growth is through **resistance** or **impact-style exercise**. When muscles contract against load, whether that's your own bodyweight, a resistance band, or dumbbells, they tug on the bones they attach to. Power-focused movements, even with light weights, can meaningfully influence bone health.

**NUTRITION:** Nutrition plays a major supporting role. **Calcium** and **vitamin D** help maintain bone structure; **protein provides the building blocks** for bone matrix; magnesium, potassium, and vitamin K help regulate bone turnover and mineralization. Most adults fall short on vitamin D and protein, two of the nutrients most closely linked to bone resilience. **Hydration** also matters because bones contain fluid channels that support metabolism within bone tissue.

**HABITS:** Daily habits influence bone as well. Long periods of sitting decrease the mechanical loading that bones need. Even short breaks like **standing, stretching, or climbing a flight of stairs** create healthy pressure changes through the spine, hips, and legs.

**Strong bones don't just protect against fractures, they preserve mobility, confidence, and independence as we age.**

Haque, I., Schlacht, T. Z., & Skelton, D. A. (2024). The effects of high velocity resistance training on bone mineral density in older adults: A systematic review. *Bone*, 179, 116986. <https://doi.org/10.1016/j.bone.2023.116986>