



# Jumping and Osteoporosis

KADEE  
Fitnessstrampolines





Osteoporosis plagues the lives of about one million Australians today. This "silent thief" occurs without warning, which makes it more dangerous. Fortunately, high-impact exercise such as jumping can prevent this disease from affecting anyone.

Studies show that regular jumping will lessen the risk of osteoporosis. It increases bone density and reduces the chances of catching the silent thief compared to other kinds of exercise



## ***Jumping is best for the bones***

Bones need occasional stress for them to become stronger and more resistant to fractures and hard impacts. Walking is a good exercise, but it does not help bones improve. High-impact exercises like jumping, hopping and skipping make bones tougher. Osteoporosis Australia notes that active children who participate in high-impact weight-bearing exercises have higher bone density compared to less active children.



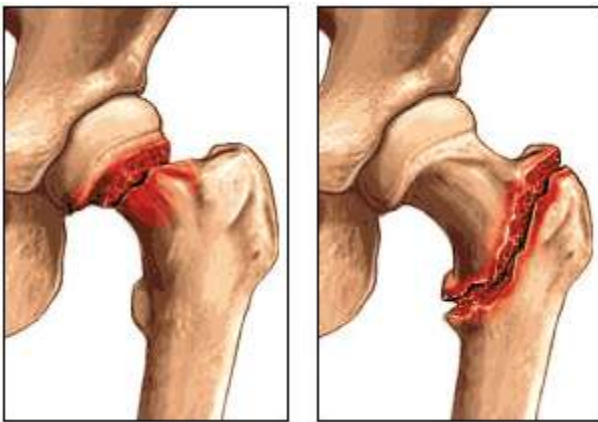


A physiologist from the School of Rehabilitation Sciences at Griffith University notes that surprising the bones with high-impact exercise is a good move. Around 40 jumps in a week should help people increase their bone density. For people who are not keen on jumping, they may alternate between running and jumping a few times. This is applicable for people with no signs of bone loss. For those who are having signs of osteoporosis, however, strength and balance training sessions are highly recommended to reduce falls.

### ***Preventing "The Silent Thief"***

With greater bone density, there are fewer chances of acquiring bone loss that come with osteoporosis. Experts note that about two in three Australians aged over 50 are affected by poor bone health that may lead to osteoporosis. Calcium intake during puberty and intense physical activity build stronger bones and prevent osteoporosis. Hip fractures are 38-45% lower in older adults who are physically active compared to less active people.

High-impact exercises do more for the bones than any other forms of exercise. A few jumps in the routine won't hurt, but they rather improve your resistance to bone loss. It strengthens the bones and prevents the silent thief from taking over the body.



**Resources:**

The Sydney Morning Herald-

<http://www.smh.com.au/lifestyle/diet-and-fitness/chew-on->

[this/getting-the-jump-on-bones-20130219-2em95.html](http://www.smh.com.au/lifestyle/diet-and-fitness/chew-on-this/getting-the-jump-on-bones-20130219-2em95.html)

Exercise Consumer Guide-

<http://www.osteoporosis.org.au/sites/default/files/files/Exercise%20Fact%20Sheet%202nd%20Edition.pdf>