

## **NUTRITION AND EXERCISES VERSUS REDUCED RISK OF OSTEOPOROSIS**

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### **ABSTRACT**

The number of osteoporotic Indian women is growing rapidly. we can take steps to prevent arrest this lifestyle disease and maintain the best of bone health. Osteoporosis is a silent disease in which the bones become fragile and are more likely to break. It mainly affects women aged 55 and older. A combination of calcium and vitamin D can reduce the risk of osteoporosis. (For strong bones, people need enough of both calcium and vitamin D. Exercise (especially the weight bearing kind) has shown to reduce the risk of osteoporosis. Choose an exercise\* that suits you like yoga, walking or jogging, along with some light weight training and you can count on its benefits in the long run.

**KEYWORDS:** Nutrition, Exercise, Reduce, Risk, Osteoporosis