

Selected Reliable Exercise-Related Websites

Public Health Agency of Canada

Physical Activity Guide to Healthy Active Living

Physical Activity Guide to Healthy Active Living for Older Adults

It's never too late to get active! Here you will find ideas for building different types of activity into your daily life. Suggestions are provided for contacting local community groups to help you get started with and maintain activities in your daily living. Establish your own physical activity routine to improve your overall health.

Osteofit – Exercise and Education for Healthy Bones

This is a safe and gentle fitness program for your bones (read the testimonials!). Osteofit classes are available at community centres throughout British Columbia. The program is designed for people who have poor bone health and those who are at risk for falling. You'll learn about the benefits of activity for your bones as you improve your strength, coordination and balance. Osteofit is a project of the Osteoporosis Program at BC Women's Hospital and Health Centre and is endorsed by Osteoporosis Canada (BC Division).

Osteoporosis Canada

Beyond offering information regarding foods, exercise and supplements for bone health, this website provides basic information about the diagnosis of and possible treatment options for osteoporosis. For people with osteoporosis, Osteoporosis Canada offers the DVD, *Break Through Basics*, which features exercises to maintain bone strength, improve posture and balance, strengthen muscles and increase flexibility. Also, you can use the Calcium Calculator™, to estimate your daily calcium intake. Try some of the calcium-rich recipes! They also offer a toll-free bilingual information line: 1-800-463-6842 English and 1-800-977-1778 French.

The Mayo Clinic – Exercise for Osteoporosis

This website offers a slide show of types of exercises you can do if you have been diagnosed with osteoporosis or if you want to help prevent osteoporosis. Before you change your usual exercise pattern, it is critical that you consult your physician to see what types of exercises are best for you to do, and which ones to avoid.

The Arthritis Society – Canada

This website provides you with the "S.M.A.R.T." tool that will support you to become more active – in your own way. They also offer ideas for activities you can do while at work, and they show small animations of resistance-type exercises you can do with just a elastic exercise band. You can download the "Activity Tracker" that allows you to record your activities, monitor your progress, and help you to keep on track with your own activity plan.

ProMOTION Plus

This British Columbia organization promotes girls and women's involvement in sport and physical activity. You can access a lengthy report titled: Focus Group Report: Physical Activity and Women 55–70, by going to the Resource Library (found under the Learning and Resources menu tab) and selecting "Lifestyle Tips and The Research File".

YWCA, or Your Local Community Centre

If participating in bone-healthy activities in your own local neighbourhood is what you are looking for then try giving your local YWCA or community centre a call to see what they have to offer (check online or in your local phone book). These are usually friendly, supportive, and affordable places for being active. Be sure to check with your doctor and to get proper instruction before changing your activity level.

Canadian Women's Health Network (CWHN)

The CWHN is a far-reaching network of people working to improve the health of women in Canada and around the world. The information shared on this website covers a wide range of health issues for women. You may not find information on bone health, but you may find another topic of interest to you.

National (U.S.) Osteoporosis Foundation

This website provides a wide range of information about bone health and osteoporosis. Take a look at the Prevention menu selection on the home page to learn more about calcium, vitamin D, and exercise for bone health as well as risk factors for osteoporosis.