



# STEP UP *for* BONE HEALTH

**Step your way up to stronger bones!**

Aim to exercise at least 30 to 40 minutes, 3 to 4 times each week, with weight-bearing and resistance exercises in the program.



Visit us:  
[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)

WorldOsteoporosisDay  
October 20

