



Royal
Osteoporosis
Society

Better bone health for everybody

I didn't know exercise could help.

Regular exercise helps to maintain muscle and bone strength as well as balance and co-ordination to reduce your risk of broken bones.

What exercise is right for you?

Ask a healthcare professional or the Royal Osteoporosis Society.
Freephone Helpline 0808 800 0035 or nurses@theros.org.uk

President: HRH The Duchess of Cornwall

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