

Lose Weight to Fight Osteoporosis

Everybody knows that exercise and weight loss if needed, makes you feel and look better. In addition to that, it also helps you become healthy and maintain health. Also it is well known that if you exercise regularly, control your diet, and lose weight you will get a healthier heart and body. There are more benefits than the ones mentioned above when it comes to exercise and proper diet. There are other benefits from regular exercise and weight loss.



One of the additional benefits of exercise and weight loss is protection against osteoporosis, which is the disease that makes the bones brittle and weak with age. With osteoporosis bones become so brittle that they can break very easily.

People with osteoporosis can break their bones simply by just falling to the ground. So people with osteoporosis should be very careful and consult with a doctor.

Different activities such as jogging, walking, and the use of the elliptical machine have been proven to strengthen the skeletal system and lower the risk of developing osteoporosis. The main reason for these different activities is that exercise that force the body to endure weight makes the bones denser over time in contrast to a sedentary lifestyle, in which the bones get brittle and weaker due to the simple fact that a lack of force is placed against them.



Specifically in women, low estrogen levels comes with menopause and or very irregular menstruation which can make the problem even worse as the bones weaken and lose a lot of their mineral content. The activities that people choose to participate in to lose weight or maintain health have also been shown to help prevent further development of osteoporosis, for those who have already been diagnose and received permission from their doctor.

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