



# Healthy Bones Begin with You

This workshop comprises of 1 core module and 2 optional activities.

### **Core Module (1 hour)**

Learn about osteoporosis, the risk factors and pick up some healthy lifestyle tips that can help you build stronger bones.

You may choose to add on the following activities:

### **Food Preparation Demonstration (30 minutes)**

- Participants will watch a food preparation demonstration and learn to prepare 2 healthy and higher in calcium snacks.

### **'Quick 6' Exercise (30 minutes)**

- This is a set of 6 muscle strengthening exercises. Participants will get to keep a resistance band after the exercise.

### **Do you know?**

Osteoporosis affects 1 in 3 women over age 50, as will 1 in 5 men. The good news is, osteoporosis can be prevented.

Join me in this workshop to find out how.



To request for this workshop, please e-mail Mr Thomas Tan at [Thomas\\_tan@hpb.gov.sg](mailto:Thomas_tan@hpb.gov.sg). For more information on healthy living and osteoporosis, please visit [www.hpb.gov.sg](http://www.hpb.gov.sg).