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**Key Points:**

**Osteoporosis is a condition of low bone mineral density and increased fracture risk that affects over 75 million people and decreases quality of life.**

**Building bone mineral density requires both bone loading activities like jumping and strength training and adequate dietary intake of nutrients like calcium and Vitamin D.**

**Bone loading physical activity and dietary habits need to be sustainable in order to maximize bone health and overall long-term health.**

Osteoporosis is the most prevalent bone disorder affecting over 75 million people worldwide and causing over 4.5 million fractures annually in the USA alone.<sup>1</sup> Fractures often lead to disability and loss of function and significantly increase mortality in the elderly.<sup>1</sup> Osteoporosis is defined as a “low bone mineral density (BMD) and micro-

