

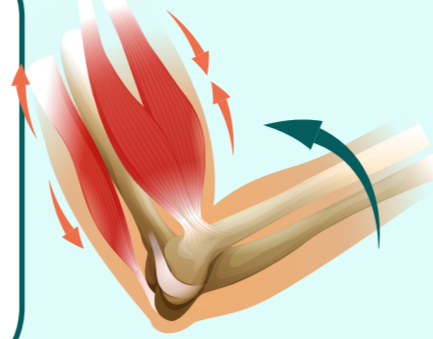
# The Three B's: Balance, Bones, and a Little BOUNCE



## WHY STRONG BONES AND MUSCLES MATTER

As we get older, taking care of our bones, joints, and muscles becomes even more important. These parts of the body help us move, walk, bend, and do the things we enjoy every day—like dancing, cooking, playing with grandkids, or enjoying walks with friends.

When our bones or joints get weak, or we lose muscle strength, it can be harder to stay active and independent. Weak bones can break more easily, and stiff joints can cause pain or swelling. This may make us more likely to fall.



However, eating the right foods, doing safe exercises, and caring for our mental health can all help keep our bodies strong and steady. This month, BOUNCE is here to show you how to take simple steps for better bone and joint health!

## EAT WELL TO BOOST YOUR BONES AND JOINTS

Fueling your body with the right nutrients is needed for strong bones and smooth joints. Many seniors do not get enough key nutrients such as calcium, vitamin D, and magnesium. A balanced diet can help fill these gaps and keep you moving with ease!

Key nutrients for your bones and joints:

<b>Ca</b> <b>Calcium:</b> Helps build strong bones and is easily absorbed by the gut when it is from dairy products.	Found in milk, yogurt, and leafy greens.
<b>D</b> <b>Vitamin D:</b> Helps your body absorb calcium.	Found in milk, fish (e.g., salmon), or a bit of sunlight.
<b>Mg</b> <b>Magnesium:</b> Helps strengthen bones and muscles.	Found in beans, nuts, and whole grains.
<b>3</b> <b>Omega-3s:</b> Help reduce inflammation in the joints.	Found in fatty fish (e.g., cod, mackerel, and sardines), walnuts, or flaxseeds.
<b>Collagen</b> <b>Collagen:</b> Helps keep your joints cushioned and your skin healthy.	Found in bone broth, chicken skin, and collagen-rich supplements.

Additionally, anti-inflammatory diets help individuals who are at risk or already experiencing conditions like osteoporosis and arthritis.

Here are a few snack ideas that are anti-inflammatory and packed with helpful nutrients for bone health!

Snack Idea	Key Ingredients
<b>Baby Carrots with Hummus</b>	Carrots, chickpeas, tahini, and additional seasonings
<b>Avocado Toast</b>	Whole grain toast, avocado, walnuts, lemon, parmesan cheese, and additional seasonings
<b>Chia Seed Pudding</b>	Chia seed, milk, honey or other sweeteners, and fruits
<b>Cottage Cheese and Berry Parfait*</b>	Cottage cheese, fresh berries, and granola
<b>Bone Broth in a Mug</b>	Warm chicken bone broth with a pinch of turmeric
<b>Nachos</b>	Whole wheat tortillas, melted cheddar cheese, tomatoes, peppers, onions, plain yogurt, beans, and taco seasoning

Sources: Harvard Health Publishing, National Institutes of Health, and John's Hopkins Medicine

## COTTAGE CHEESE & BERRY PARFAIT\*

**Total Servings Per Recipe:** 1 cup | **Calories:** 167 kcal | **Protein:** 18 g  
**Carbohydrates:** 25 g | **Fat:** 7 g | **Calcium:** 102 mg | **Iron:** 2 mg

**Ingredients:**

- 1 cup low-fat cottage cheese
- 1 tsp maple syrup
- ½ cup mixed berries (e.g., strawberries, blueberries, raspberries)

**Ingredients:**

- ½ cup granola
- ¼ tsp vanilla extract and cinnamon powder
- 1 tbsp soaked chia seeds (optional)

**Instructions:**

- Start by mixing the cottage cheese with maple syrup and vanilla extract.
- Layer the fresh fruit on the bottom of the jar. Then spoon the cottage cheese mix and layer it over. Add another layer of fresh fruit to the top.
- Top it off with granola and cinnamon dusting. Serve and enjoy!

**Why this recipe is a good source of calcium:** 1 cup provides about 102 mg of calcium, which is roughly 10% of the recommended daily intake.

Source: Profusion Curry

## MENTAL HEALTH ON THE MOVE

Living with mobility issues can be difficult—not just physically, but emotionally as well. When moving becomes difficult, feelings of frustration, isolation, or sadness can affect you. It is easy to feel isolated from friends, family, and the activities you love due to mobility issues. Here are some things you can do to feel connected:

**Reach out to friends.** Reach out to friends, family, or support groups to stay connected.

**Move gently.** Gentle exercises such as stretching, chair yoga, or even a short walk can help lift your mood.

**Set small goals.** Setting small goals can help build confidence and motivation.

**Create a routine.** A daily schedule helps provide a sense of security and stability and can include scheduled social activities.

**Ask for help.** Do not be afraid to ask for help from a healthcare provider or a counselor.

Sources: National Institute on Aging, and National Institute of Mental Health

## BONE-STRENGTHENING EXERCISES

**Exercises While Standing or Moving**

- Brisk walks
- Dancing
- Stair climbing
- Resistance training

**Exercises While Sitting or With Support**

- Stand up and sit down repeatedly
- Lift heels up and down repeatedly while sitting
- Shoulder rows with resistance bands
- Air or wall squats

**Exercises to Improve Balance**

- Shift weight back and forth
- Walking backwards
- Step up and down on a table platform repeatedly
- Tai Chi
- Yoga
- Pilates

If you would like more ideas, many free exercise videos and guides for older adults are available online. Here are a few trusted sites:



**National Institute on Aging**  
<https://www.nia.nih.gov/health/exercise-and-physical-activity>



**Silver Sneakers**  
<https://tools.silversneakers.com/>



**HASFit**  
<https://hasfit.com/workouts/home/senior/>

Sources: National Institute of Arthritis and Musculoskeletal and Skin Diseases, and Bone Health and Osteoporosis Foundation

## TIPS TO PREVENT FALLS AT HOME

Did you know more than one in four people aged 65 years or older fall each year?

In addition to a well-balanced diet and physical activity, other ways to prevent falls at home include:

**Remove tripping hazards**

**Install grab bars in bathrooms, and on both sides of stairways**

**Keep good lighting in all areas of your home**

**Invest in nonslip mats or strips in areas that may get wet**

**Fall-proofing your home to reduce risks.**

**Get your vision and hearing tested regularly.**

**Standing up slowly to keep your blood pressure steady.**

**Using an assistive device if needed for standing or moving.**

**Avoid wet or slippery areas.**

Sources: National Institute of Aging, and National Institute of Aging

## JOIN A BOUNCE PROGRAM TODAY!

To improve bone health and balance, join a BOUNCE program today! Our free programs are designed to support your health—especially if you or your loved ones are dealing with joint pain, stiffness, or risk of falls.



**Juntos Por Una Vida Saludable / Let's Get Healthy Together Program:** Expert-led sessions to help lower the risk of Type 2 diabetes, focusing on moderate weight loss through healthy eating and regular physical activity. It consists of 26 sessions. These sessions are primarily conducted virtually.

This program is available in English and Spanish and is open to your whole family and friends. Bring your mom, aunt, or neighbor—and let us BOUNCE towards better health together! If you or your organization are interested in participating in this programs, please reach out to us using the contact information below.

For more information, reach us:

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