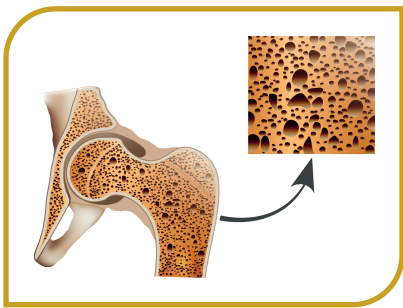




骨質疏鬆症和體育健身運動 Osteoporosis and Physical Fitness



骨質疏鬆症是一種導致骨頭變薄和脆弱的疾病。運動有助預防骨質疏鬆症。負重運動，例如步行、跑步或跳舞和舉重運動有助加強骨骼及防止骨折。太極和瑜伽是改善平衡和姿勢的好選擇。

除了運動之外，應包括高鈣和維他命 D 的食物和飲品，例如低脂/脫脂乳製品、綠色蔬菜和魚。您的身體還可以從陽光中製造維他命 D。請確保您以安全的方式運動。如果您對骨質健康或飲食有任何問題，請聯繫您的醫生或註冊營養師。

免費骨質密度檢查：華人社區健康資源中心將於 5 月 17 日（星期二）上午 10:00-11:00 在東華醫院會議室（845 Jackson Street）舉辦免費骨質密度檢查。需要註冊報名，請致電 415-677-2473。

網上雙語文章

- 骨質疏鬆症：<https://www.cchrhealth.org/tw/osteoporosis/>

Osteoporosis is a disease that causes bones to become thin and fragile. Physical activity can help prevent osteoporosis. Weight-bearing exercises, such as walking, running, or dancing, and resistance exercises, such as lifting weights, help strengthen bones to prevent fractures. Tai chi and yoga are great ways to improve balance and posture.

In addition to exercise, include foods and drinks that are high in calcium and vitamin D, such as low-fat/nonfat dairy products, leafy green vegetables, and fish. Your body can also make vitamin D from the sun. When exercising, make sure you are doing so in a safe way. If you have any questions about your bone health or diet, contact your doctor or a registered dietitian.

Free bone density screening: CCHRC will have free bone density screening on Tuesday, May 17th from 10:00am-11:00am at the Chinese Hospital Conference Room (845 Jackson Street). Registration is required. Please call 415-677-2473.

Online Bilingual Articles

- Osteoporosis: <https://www.cchrhealth.org/osteoporosis/>