

You too can have a healthy skeletal system

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You too can have a healthy skeletal system, even in old age
Announcer: I just came from the doctor and I am definitely going to start hiking once a week, and am going to bump up my exercise routine to three times a week. I also need to get to the grocery store to buy some calcium-rich foods.

Radio Personality: You know, I am so sick of my doctor telling me what to eat and when to exercise. I am naturally in good shape and can eat whatever I want and still have a great physique.

Announcer: We both are getting up there in age, and I hope you realize that it is not so much what is on the outside, but what is happening on the inside that matters when it comes to arthritis, osteoporosis, and injuries from falls. Yes, the fact that you are able to keep a good weight is a starting point, but I am sure that you have many other risk factors for all of these problems.

Radio Personality: What other risk factors could I possibly have? Announcer: Well for starters your smoking is a risk factor for osteoporosis and I am sure that it does not help your overall health in general.

Both of our ages will always be a risk factor, and also your fast-food diet and alcohol consumption is a risk factor for arthritis, osteoporosis, and injuries from falls. Radio Personality: What can I do? I think the damage may already have been done. Announcer: You can begin by stopping the smoking and drinking alcohol on only special occasions. Exercise regularly, especially bone and muscle strengthening exercises, and eat a healthy diet that is rich in calcium and Vitamin D. Have regular eye check-ups and carefully look at the side-effects of any medications you may be taking.