



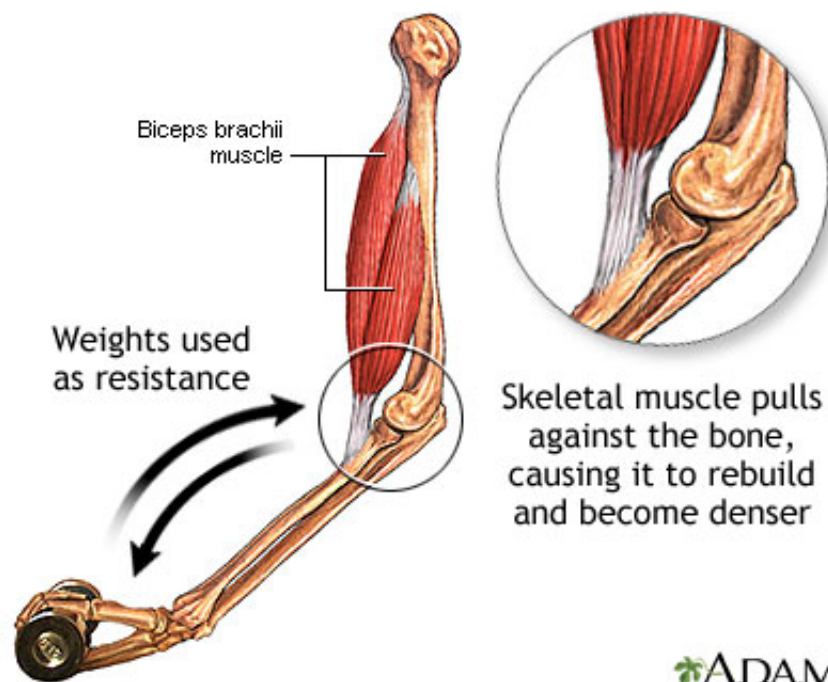
# How Does Exercise Help My Bones?

by NEWLIFEOUTLOOK TEAM

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## Exercising for Bone Density

Bicep curls can actually help to improve your bone density. Start off with light weights for resistance training. The best way to choose a weight is to pick them up in the store. Start low and work your way up. You should aim for a weight that is light enough that you can do a large number of repetitions. This repeated motion will help the muscles to pull on bones, which will help to maintain or possibly increase your bone density. A physiotherapist can best help you with the exercises themselves and where to get started with resistance training.



Exercise plays an important role in the retention of bone density in the aging person. Studies show that exercises requiring muscles to pull on bones cause the bones to retain and possibly gain density.