



Nutriden Inc. Announces Different Ways of Setting & Achieving Bone Health Goals

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Nutriden Inc, the Calgary, Canada based nutritional supplements company has announced different ways of setting goals for one's bone health as a part of its osteoporosis prevention campaign.

Much like diet and weight loss goals, one should make bone health goals. Setting bone strength and health goals today and making it a part of the daily routine will help a person keep their bones healthy throughout their lifetime. Among these goals are getting the right essential nutrients daily, doing exercise that helps bone strength, and avoiding any bad habits that reduce one's bone mass density.

According to Tom Schumlich, owner at Nutriden Inc., "By taking care of one's bone health through the right diet and exercise, a person can prevent the occurrence of painful diseases such as osteoporosis in the future."

Bone health is evaluated according to one's bone mass density which is measured by one's T-score. According to the National Institute of Health, a T-score between +1 and -1 is considered normal or healthy. A T-score between -1 and -2.5 indicates that one has low bone mass, although not low enough to be

diagnosed with osteoporosis. A T-score of ≤ -2.5 or lower indicates that one has osteoporosis. The greater the negative number, the more severe the osteoporosis. By making bone health a priority, one can prevent even mild bone loss in their senior years.

There are two components to improving one's bone health - the right diet and exercise. Weight-bearing exercises such as strength training, using resistance bands, and high-impact aerobics, like the types that use steps, are a great way to strengthen one's bones.

A daily intake of calcium and Vitamin D is also essential for building bone health. Dairy foods fortified with calcium such as milk and yogurt are a great way of improving one's bone health. Vegans and people who aren't fond of dairy products can also opt for spinach and other bone health aids that will help in getting the right nutrition.

By following the above suggestions and cutting out unhealthy habits such as smoking, drinking alcohol and consuming tobacco, one can maintain one's bone health right up to their old age. For more tips on improving bone health, visit Nutriden Inc.'s official website.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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