

# What You Need to Know About Maintaining Knee Health



Think about all the movements you do every day: walking, climbing stairs, typing, turning doorknobs and lifting. Your bones, muscles and joints all work together to make your body an amazingly movable machine. Like any machine, your body can suffer some wear and tear. It needs regular care and maintenance to keep moving with ease.

The main moving parts of your body include the solid bones, the joint tissues that link bones together, and the muscles that attach to your bones. Your body has about 200 bones and more than 600 muscles. These parts all work together to help you move throughout the day.

Muscle strengthening and proper joint alignment are important for just about anyone who wants to stay flexible and mobile. Exercises that improve your balance and strengthen your muscles can help to prevent falls.

## FREE RESOURCE

Go4Life exercise videos from The National Institute on Aging, available for free on YouTube.com.



SOURCE: NIH NEWS IN HEALTH

## BODY MAINTENANCE

### 1. Maintain a healthy weight.

Knee sees 3–5 times body weight with every step.

**2. Engage in muscle strengthening** (resistance) activities that involve all your major muscle groups 2 or more times a week.

**3. Stay active all week long.** Aim for 150 minutes of moderate intensity activity a week, such as brisk walking.

**4. Wear comfortable, properly fitting shoes.**

**5. Eat a well-balanced diet.** Focus on vegetables, fruit, whole grains, and lean protein.

**6. Get enough calcium and vitamin D daily to protect your bones.**

- 80-1000 IU of Vitamin D daily
- 1,200 mg calcium daily for women age 51–70, and men and women age >70
- 1,000 mg calcium daily for men age 51–70

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