

Wellness Quick Read

Vitamin D & Chronic Disease

An increasing body of research supports important roles of vitamin D that go far beyond bone health. Over the past few decades, vitamin D has become associated with (but not definitively proven to aid in) the prevention of cancer, heart disease, and other chronic diseases. Additionally, the recommended daily amount of vitamin D has changed several times and disagreement about this number continues. Some experts advise us to get more natural vitamin D from UV light, while others staunchly recommend avoiding the sun. What do we know today, and what questions remain? Click below to read more...

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Osteoporosis: A Children's Disease?

When adults think about osteoporosis, they tend to think about themselves or their aging parents, not about their children. But osteoporosis has been called "a pediatric disease with geriatric consequences," because the bone mass attained in childhood and adolescence is the major determinant of lifelong skeletal health. So do your kids a favor and encourage bone health now. It may prevent them from ever facing the same bone challenges you or your parents may be facing now. For tips on getting kids to practice healthy bone habits, click below...

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Osteoporosis & Healthy Aging

About 50% of older adults in the U.S. have less than optimal levels of vitamin D (according to the *Am. J. Clin Nutr.* 2007).

Groups at high risk for low vitamin D:

- the elderly
- dark-skinned individuals
- obese individuals
- people who don't get much sun exposure

If you're at high risk, ask your doctor to order a blood test for vitamin D.

Adequate range:

30.0—74.0 ng/mL

Bone & Body Challenge: Resistance Moves that Multitask



You might have heard that resistance training is a great way to fend off osteoporosis. However, it's estimated that only 10–15% of older adults resistance train. And although we're all short on time, the amount of strength training necessary for improving bone mass and general health is only 20-30 minutes, two to three times a week! That's just two fewer episodes of a TV show you can live without! To eliminate other excuses, here's a routine of eight

multitasking moves that take just 20 minutes to complete. These two-in-one strength training moves will boost total-body tone, improve balance, and get those bones in better, stronger shape. Best of all, there's no gym required! For step-by-step directions and pictures to help you with form, follow the link below...

[More Details](#)

Questions or comments? E-mail us at info@solutionsbiz.com.

Or call to make an appointment 1-866-254-3555.