



Royal  
Osteoporosis  
Society

Better bone health for everybody

I didn't know  
improving my  
balance and  
strength would  
reduce the risk.

Regular exercises to improve muscle strength and balance keeps you strong and steady and reduces your risk of broken bones.

### Which activities could help you?

Ask a healthcare professional or the Royal Osteoporosis Society.  
Freephone Helpline 0808 800 0035 or [nurses@theros.org.uk](mailto:nurses@theros.org.uk)

President: HRH The Duchess of Cornwall

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