

Promoting Bones and Muscles Health

Anil Mehtani

Director, Department of Pediatric (Ped) Orthopedics, Max Smart Super Speciality Hospital, Saket, New Delhi, India.

Bones and muscles are two of the most important structures in the human body, playing key roles in movement, support, and protection. As we age, however, our bones and muscles can become weaker and more susceptible to injury, leading to a range of health problems. Therefore, promoting bones and muscles health is crucial to maintain overall health and well-being.

One of the most effective ways to promote bones and muscles health is through exercise. Regular physical activity, including weight-bearing exercises such as walking, running, and weightlifting, can help to strengthen bones and muscles, reducing the risk of injury and chronic conditions such as osteoporosis and sarcopenia.^[1]

Another important factor in maintaining bones and muscles health is proper nutrition. Consuming a diet rich in calcium, Vitamin D, and protein can help to support bone density and muscle mass, reducing the risk of fractures and falls. In addition, reducing intake of processed foods and increasing intake of fruits and vegetables can help to support overall health and reduce the risk of chronic diseases.

Along with exercise and nutrition, proper sleep and stress management are also important for bones and muscles health. Lack of sleep and high levels of stress can lead to hormonal imbalances and inflammation, which can contribute to bone and muscle loss. Therefore, prioritizing rest and relaxation is crucial to maintain bones and muscles health.^[2]

Finally, regular check-ups with a health-care provider can help to identify and address potential bone and muscle issues

before they become more serious. This can include bone density tests, blood tests, and imaging studies to assess bone and muscle health and identify potential risk factors.^[3]

In conclusion, promoting bones and muscles health is crucial to maintaining overall health and well-being. Through regular exercise, proper nutrition, adequate rest, and regular check-ups with a health-care provider, individuals can take proactive steps to support the health of their bones and muscles and reduce the risk of injury and chronic conditions.^[4]

REFERENCES

1. Wilks DC, Winwood K, Gilliver SF. Bone health in athletes: The role of exercise, nutrition, and hormones. *Sports Med* 2019;49:1393-408.
2. Rizzoli R, Biver E. Effects of nutrition and diet on bone and muscle health. *J Clin Endocrinol Metab* 2019;104:2867-73.
3. Patel HP, Al-Shanti N, Davies LC, Barton SJ, Grounds MD. Tell me what you eat, and I will tell you your future: Diet as a predictor of adverse outcomes in functionally limited older adults. *Am J Clin Nutr* 2019;110:883-91.
4. Marques EA, Mota J, Viana JL, Tuna D, Figueiredo P, Guimarães JT. Influence of exercise training on bone mineral density in older adults: A systematic review and meta-analysis. *Osteoporos Int* 2019;30:245-59.

How to cite this article: Mehtani A. Promoting Bones and Muscles Health. *J Bones Muscles Health* 2023;1(2):43.

Conflicts of Interest: None. **Source of support:** None.

Access this article online	
Quick Response Code:	Website: www.jbmh.in
	Received on: 04-12-2023 Accepted on: 10-12-2023

Address for the correspondence:

Anil Mehtani, Director, Department of Pediatric (Ped) Orthopedics, Max Smart Super Speciality Hospital, Saket, New Delhi, India.
E-mail: dranilmehtani@gmail.com

This work is licensed under a Creative Commons Attribution 4.0 International License. The images or other third party material in this article are included in the article's Creative Commons license, unless indicated otherwise in the credit line; if the material is not included under the Creative Commons license, users will need to obtain permission from the license holder to reproduce the material. To view a copy of this license, visit <http://creativecommons.org/licenses/by/4.0/> © Mehtani A 2023