



# HERITAGE Tai Chi & Kung Fu

## The Soft Circle Method of Tai Chi



### BONE DENSITY

#### Living With Osteoporosis

Weight-Bearing Exercise: 8 Workouts for Strong Bone By [Rebecca Buffum Taylor](#)  
WebMD Feature Reviewed by [Brunilda Nazario, MD](#)

What are the best ways to exercise and improve your bone health when you have osteoporosis? Try weight-bearing workouts that stress bones and muscles more than your everyday life, says Paul Mystkowski, MD, an endocrinologist at Virginia Mason Medical Center in Seattle and clinical faculty member of the University of Washington in Seattle. Talk to your doctor and make sure the workout you choose is safe for you.

#### Tai Chi

Tai chi -- a form of slow, graceful moves -- builds both coordination and strong bones. A study reported in *Physician and Sportsmedicine* found that tai chi could slow bone loss in postmenopausal women. The women, who did 45 minutes of tai chi a day, five days a week for a year, enjoyed a rate of bone loss up to three-and-a-half times slower than the non-tai-chi group. Their bone health gains showed up on bone mineral density tests.

#### Thin Bones Beware

Take a few exercise precautions if you already have bone thinning:

Because your fracture risk is higher than normal, be cautious about trying any exercise with the potential for serious falls, like downhill skiing, ice skating, or inline skating.

If you have bone thinning in your spine, you may want to forgo any deep backbends in yoga.

Again, check with your doctor before starting any new exercise program, especially if you're taking medications that slow your coordination or throw off your balance.

One final tip: Be patient. The bone-building phase in young adults -- at its speediest -- takes three to four months, and it may take a lot longer if you have osteoporosis or are older. So you won't be seeing big changes on any bone density tests after your first week of working out. Bones change slowly -- but they do change.

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