

8 HEALTHY HABITS

HABIT 3



BE ACTIVE FOR AT LEAST 1 HOUR A DAY, EVERY DAY

Returning to exercise

After a fracture, children regain strength by participating in activity and play.

You can usually return to sport six to twelve weeks after a fracture. Speak to your healthcare professional about your individual situation.



Exercise and bone health

Exercise is important to build maximum bone strength during childhood and adolescence.

Once your healthcare professional advises that you can return to exercise, weight bearing exercise, like walking, running, skipping and dancing can help improve bone mineral density (strengthen bones) and help reduce risk of fracture.

When you are advised to return to exercise, stay safe while staying active

Do activities that use your own body weight eg skipping and monkey bars



Wear appropriate safety equipment eg helmets and shin pads



Do a variety of activities and play a different sport each season



Understand and follow the rules of the game/sport

