

# Buzz About Bones Q&A



**Q: I am concerned about my calcium and Vitamin D intake because I really don't like cheese, milk or yogurt. What are other sources I can eat to get enough Calcium and Vitamin D?**

**A:** I recommend the SUN for your Vitamin D! About 2 days a week in the sun for 15 minutes with short sleeves will help you get the Vitamin D you need. Calcium can be found in vegetables like spinach and broccoli but also fish and nuts. You may also want to look at non-dairy options like Almond Milk, orange juice with calcium and fortified cereals. Read your food labels to see what foods are rich in calcium and Vitamin D that you enjoy eating!

**Q: I am an older adult...over the age of 60. I never really exercised much in my life, but now I want to make sure I move more. Where do I start?**

**A:** It's terrific you want to start moving more! Start with walking...remember, you don't need to do strenuous activity to challenge your muscles and your bones. Start off by walking 3 days a week for 15 minutes and build from there. Walking is a weight-bearing exercise, so it will help strength your bones and also your heart!