

# Sport strengthens the bones

Written by  
DATE\_FORMAT\_LC2 -

---



## Sport strengthens the bones

Most women will lose in their life time between 30-40% of their bone structure. Men will lose 20-30%.

Especially during their menopause, women could suffer osteoporosis which could be avoided by regular weight training and a good nutrition. This will enhance and strengthen the bone and tissue structure. A factor responsible for this is that when we reach the age of 30, our body's hormonal production will be reduced by 1% each year, and hormones are essential for maintaining our bones structure. The only solution to increase our hormone production is to train regularly and eat healthily.