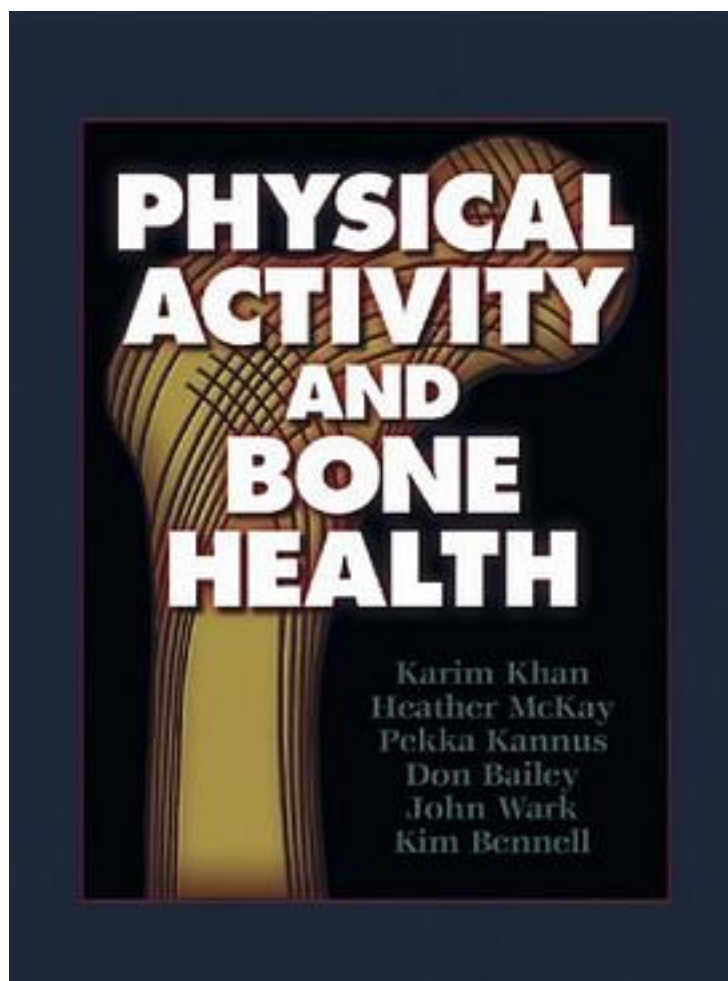


Physical Activity and Bone Health



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A study of physical activity and bone health. With an emphasis on exercise and its

effect on bone, the volume includes sections on: basic anatomy and the physiology of the structure and function of bone; factors other than exercise that influence bone; exercising to maintain a healthy skeleton during the growing years through to old age; the role of exercise in preventing pre-menopausal bone loss; medical issues when bone breaks down; and questions related to bone and physical activity that require further research.

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