Can Community Exercise Help Prevent Bone Loss Associated with Weight Loss in Older Adults?

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“If minimizing bone loss during active weight loss proves necessary to offset long-term skeletal fragility, then our results suggest that resistance exercise may need to be coupled with other intervention strategies to maximize skeletal benefit,” said lead author Dr. Kristen Beavers, of Wake Forest University.

Additional research should seek to elucidate the mechanisms underlying weight-loss–induced bone loss, so that safe and effective strategies can be designed to preserve all aspects of bone health in dieting older individuals.

Additional Information:


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The Journal of Bone and Mineral Research (*JBMR*) publishes highly competitive original manuscripts, reviews, and special articles in basic and clinical science relevant to bone, muscle and mineral metabolism. Manuscripts are published on the biology and physiology of bone and muscle, relevant systems biology topics (e.g. osteoimmunology), and the pathophysiology and treatment of sarcopenia and disorders of bone and mineral metabolism. *JBMR* is the official journal of the American Society for Bone and Mineral Research (ASBMR), published monthly on the Society's behalf by Wiley-Blackwell. With an impact factor of 5.622, *JBMR* is the top-ranked journal in its field.

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