

5 BONE-BOOSTING HABITS FOR WOMEN 40+



**Simple daily steps to
support your strength
during perimenopause.**





You're not broken — your body is just evolving.

This guide was created to support women like you who are navigating change, carrying a million responsibilities, and still showing up every day.

Bone loss doesn't always come with warnings, but there are gentle things we can do to feel stronger, more stable, and more in control — starting today.

Warmly,
Alexandra
Founder of Human and Code





Is your body quietly losing strength?

After 40, many women start feeling subtle shifts: less energy, stiff joints, back pain, or poor sleep.

The truth is, these changes are often early signs of weakened bones — but nobody talks about them until there's a fracture or a scare.

You don't need to wait until it gets worse. This guide gives you realistic tools to support your body, your energy, and your bones — starting today.



Quick Self-Check

- ☐ I often feel stiff when getting out of bed
- ☐ I've shrunk in height (even just a little)
- ☐ I've had back pain without a clear cause
- ☐ My posture feels more slouched lately
- ☐ I avoid lifting heavy things or climbing stairs
- ☐ I've been skipping workouts or movement
- ☐ I rarely get sunlight or vitamin D
- ☐ My nails break easily
- ☐ I don't sleep well or feel rested
- ☐ I've started to feel "fragile" or "slower"

✓ If you checked 3 or more boxes, your bones may be silently asking for more support. Don't worry — the next pages will show you simple ways to get stronger 💪

This self-checklist is for informational and educational purposes only. It does not substitute medical advice. Always consult with a healthcare professional if you have concerns.



Daily Habits for Stronger Bones

Tiny actions, big changes — even on your busiest days.

You don't need a complicated routine or expensive treatments. These simple habits can help support your bone strength starting today:

Soak in the Morning Sun

Step outside for 10–15 minutes each morning. It lifts your mood and helps your body naturally produce vitamin D — essential for strong bones.

Stretch + Move Gently

Do light stretches or gentle movements (like walking or yoga) every day. It keeps your body in motion and supports healthy posture.

Sip a Bone-Loving Smoothie

Make a simple smoothie with ingredients like almond milk, chia seeds, berries, or collagen powder. A daily dose of nutrients that tastes amazing.

Prioritize Restful Sleep

Your bones rebuild while you sleep. Create a calming bedtime ritual (no screens, soft lights, deep breathing) and aim for 7–8 hours of quality rest.

Say One Kind Thing to Yourself

Stress impacts bone health, too. Daily affirmations like “I am strong and supported” help you shift your mindset and take better care of your body.

Tools That Support You

Simple resources to make your journey easier — even on busy days. These are tools I personally use or truly believe in. Some links may be affiliate, which means I may earn a small commission — at no extra cost to you. Thanks for supporting content made with care. ❤️

📱 Apps That Keep You Moving

- **Gentle Stretching & Posture:** StretchIt, Yoga for Beginners, JustFit
- **Reminders to Stand & Breathe:** Stand Up!, Breathe+,
- **Balance:** Meditation

💊 Supplements Worth Exploring

These are commonly used to support bone health:

- Collagen peptides
- Magnesium glycinate
- Vitamin D3 + K2
- Calcium citrate

Explore the curated list with affiliate links here:

<https://benable.com/humanandcode/best-supplements-for-bone-health-after-40>

📝 Printable Wellness Tracker

Start small and track what really matters:

- Daily movement
- Sleep quality
- Water intake
- Bone-friendly habits

[Free printable link or "Coming soon!" if not yet ready]

🌐 Extra Support from Human and Code

- Free articles about bone health after 40
- Recommended tools for your wellness journey

Visit: humanandcode.com/bone-health-after-40





Stay connected

Your wellness journey is just beginning — and you're not alone. At Human and Code, we help women 40+ reclaim their strength, clarity, and energy through digital tools, intentional habits, and science-backed wellness.

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