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# NATURE AND YOUR BONES

## PRESCRIPTION

2 hours/week in nature

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.

- Vitamin D is needed to help bone-forming cells mineralize bone proteins into a hard tissue. Adults under age 50, 400-800 international units (IU) daily and Age 50 and older 800-1,000 IU daily. According to the Institute of Medicine (IOM), the safe upper limit of vitamin D is 4,000 IU per day for most adults. These recommendations are for the general healthy adult population.
- Your skin makes vitamin D in reaction to sunlight and stores it in fat for later use. How much vitamin D your skin can produce depends on time of day, season, latitude, skin pigmentation, age, and other factors. There are many reasons people do not have enough vitamin D. As we age, our skin loses its ability to generate vitamin D. People who live in cities or in institutional settings like nursing homes spend too little time outdoors.

## LINKS

- <https://orthoinfo.aaos.org/en/staying-healthy/bone-health-basics/>
  - <https://www.bonehealthandosteoporosis.org/patients/treatment/calciumvitamin-d/>
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