

The aim of the work was to evaluate the impact of physical activity on the bone health. There is some evidence that exercise-induced gains in bone mass in children are maintained into adulthood, suggesting that physical activity habits during childhood may have long-lasting benefits on bone health. During adulthood, the primary goal of physical activity should be to maintain bone mass. The age-related decline in bone mineral density is attenuated and the relative risk for fracture is reduced in people who are physically active.