

Even low level of physical activity may cut fracture risk

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(HealthDay)—Short daily bouts of walking/bicycling and a few weekly

exercise sessions are both associated with a lower rate of hip fracture and any fracture, according to a study published online April 29 in the *Journal of Bone and Mineral Research*.

Karl Stattin, M.D., from Uppsala Science Park in Sweden, and colleagues compared [fracture risk](#) between men and women with distinct levels of leisure-time walking/bicycling and exercise. They followed 37,238 women from the Swedish Mammography Cohort and 45,906 men from the Cohort of Swedish Men for a maximum of 17 years.

During follow-up there were 5,153 individuals with hip fracture and 15,043 with any type of fracture. The researchers found that the rate of hip fracture and any fracture were lower for individuals who walked/bicycled less than 20 minutes per day versus those who hardly ever walked/bicycled (multivariable adjusted hazard ratios, 0.77 and 0.87, respectively). Compared with those who exercised for less than one hour per week, those who reported exercise of one hour per week had a lower rate of [hip fracture](#) and any fracture (hazard ratios, 0.87 and 0.94). Individuals with moderate versus higher levels of walking/bicycling had minor differences in hazard ratios. Almost equal reductions in the rate of fracture were seen for walking/bicycling and exercise compared with those in a joint category with the lowest activity.

"Short daily bouts of walking/bicycling and a few weekly [exercise](#) sessions have similar effects," the authors conclude. "Performing a low level of physical activity may reduce the risk of fracture."

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