WHAT DO YOU WANT TO KEEP DOING AT 80?

Karen and I talk about bones, strength and what we want our bodies to keep doing. Carrying the bags, travelling, getting up off the floor. It's a different question from how we look, and one worth bringing into our own health conversations.

Karen Van Esveld and I chat about bones, strength and the life we want to keep living.

BONES NEED MORE THAN MILK.

01 WHICH SCAN ARE WE TALKING ABOUT?

Karen explains the difference between a diagnostic bone-density scan and a body-composition scan. Before booking anything, ask what question the test is meant to answer.

02 IT ISN'T ALL ABOUT CALCIUM.

Karen talks about nutrition, movement and hormones together. Bone health is a bigger conversation than one nutrient, and your own circumstances belong in it.

03 MENOPAUSE BELONGS IN THIS CHAT TOO.

Karen explains why hormonal changes around menopause matter when discussing bone density. It's a reason to ask about your own risk, rather than assume everyone needs the same plan.

04 GETTING UP OFF THE FLOOR COUNTS.

Karen and I discuss everyday movements and what we want to keep doing. Strength can be about the life we want to enjoy, alongside how we look.

05 THAT HEALTH INFORMATION IN THE TOO-HARD BASKET...

Karen encourages getting your health information organised and asking for professional help if it feels overwhelming. You don't have to understand it all before asking.

STRONGER STARTS AT BREAKFAST.

06 CHECK BEFORE ADDING SUPPLEMENTS

Karen sees clients adding AI-suggested supplements on top of their plan. Ask what your body needs, rather than collecting recommendations. **Try it:** Ask your GP or pharmacist to review a supplement before you add it.

07 GIVE BREAKFAST SOME ATTENTION

Karen says dinner is usually fine but breakfast gets neglected. Protein earlier in the day is an easy place to start. **Try it:** Plan a breakfast with a protein you enjoy before the morning rush.

08 KEEP VARIETY ON THE PLATE

Restrictive eating can crowd out fibre and variety. Karen favours diversity unless there's a clinical reason to avoid a food. **Try it:** Add a different vegetable or fruit rather than cutting out another food.

09 KEEP SOME CARDIO

Karen notes the focus on protein and weights can push cardio fitness out. Strength doesn't have to replace everything else. **Try it:** Keep one cardio activity you enjoy alongside strength work.

10 MIND HOW BODIES ARE DISCUSSED

Karen links her mother's constant weight comments to her own struggles, and chooses her words carefully around her daughter. **Try it:** Notice weight comments at home and talk about how someone feels instead.

PLAN FOR THE 80-YEAR-OLD YOU.

Take your questions to the appointment.

1 WHAT DO YOU WANT TO KEEP DOING?

Travelling, gardening, playing with the children? Write down an activity that matters to you. What would you love to still be doing years from now?

2 TAKE THREE QUESTIONS WITH YOU.

Ask your GP about your bone-health risk, whether testing is appropriate and which movement would suit you. You can start with those questions.

3 AGREE WHAT COMES NEXT.

Choose an appropriate action with the relevant professional. Ask when to check in, so you know what you're working towards.

ONE THING BEFORE 50. OR STARTING NOW.

What do you want your body to keep doing? Take that question into your own bone-health conversation. You don't need every test mentioned in the episode to start.

OVER TO YOU

The thing I want to keep doing is…

The question I'll take to my appointment is…