

# BUILDING STRONG BONES FOR LIFE

## Program Overview

Bone Builders is based on an exercise and education program developed by scientists at Tufts University in Boston, MA. The program is designed to reduce or halt the risk of osteoporosis in both women and men.

Clinical research shows that a challenging, progressive strength-training program can build muscles and increase strength in men and women. In addition, participation can reduce the risk of osteoporosis as well as prevent further deterioration of bones.

## Program Benefits

- Builds strength and restores bone health
- Improves balance and flexibility
- Helps prevent/reduce bone fractures from osteoporosis
- Increases energy, mental health and a positive outlook
- Boosts metabolism and helps control weight

## What is Osteoporosis?

Osteoporosis is a bone disease best described as "porous or brittle bones". Medical professionals know that a progressive strength-training program can build muscle and rebuild bone in women and men of all ages.

## Key Features

- Comprehensive educational program
- Nutritional education
- Qualified, supportive instruction
- Friendly dialogue and environment
- Understanding the principles of building strong bones for life

## How Do I Join?

Program Requirements:

- A physician's statement of medical clearance
- Commitment to a 6-month program that meets twice weekly for approximately 1 hour

Instructional materials are provided.

**For more information about a class near you, please call: 607-776-2125 or 1-800-553-2033**

## **Our Bone Builders say:**

"I enjoy coming to class. The mix of ages and backgrounds in our group is amazing. I've made many new friends."

"At first one might question its effects, but as you keep going, it's like a silent helper. I no longer get back aches while doing dishes."

"My hands have more flexibility and less pain. I not only have physical improvement but better emotional health."

"It's wonderful to participate in a 'can do' program instead of a 'should do' program. My balance has improved.

"After participating in the program, my bone density scan scores have improved. My doctor is so pleased."

This program is supported through  
ProAction,  
Steuben County Office for the Aging,  
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ProAction of Steuben and Yates, Inc.

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# BONE BUILDERS

**Building Strong  
Bones for Life**



**Strength**

**Balance**

**Flexibility**

**Energy**

**State of Mind**