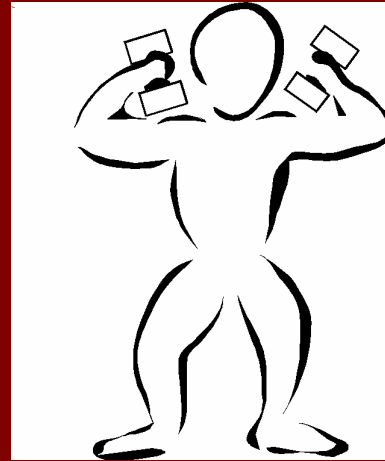


UMaine Center on Aging —

RSVP

Bone Builders



A free exercise program designed to prevent and reverse osteoporosis through:

- *Strength training*
- *Balance exercises*
- *Osteoporosis related health education*

What is Osteoporosis?

Osteoporosis is a condition in which bone density decreases. The bones become thin and brittle, and they are easily broken or fractured.

Bone density peaks at about age 30 and then begins a slow and gradual degeneration which is a normal part of the aging process. In women, the onset of menopause lowers the production of the hormone estrogen which is an essential factor in bone growth and development. The lack of estrogen speeds up bone loss significantly.

Research indicates that proper exercise stresses bones, and stimulated by this stress, bone density increases and the bones become stronger.

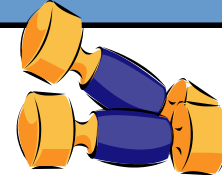
Did you know?

- ✓ **6 million of the 28 million people who suffer from osteoporosis are men.**
- ✓ **22 million women suffer from osteoporosis.**
- ✓ **1 out of 4 women over the age of 45 have osteoporosis.**
- ✓ **9 out of 10 women over the age of 75 have osteoporosis.**
- ✓ **One out of every two women and one in eight men over the age of 50 will have an osteoporosis related fracture in their lifetime.**
- ✓ **Numerous scientific studies have demonstrated that strength and fitness can improve at any age.**

**Proper exercise stresses bones ...
stimulated by this stress,
bone density increases and bones
become stronger.**

**The *RSVP* Bone Builders
exercise program is based on this simple
bodily response.**

What is Bone Builders ?



RSVP Bone Builders is a free osteoporosis exercise program that relies upon mild weight training to increase muscular strength and bone density. Balance exercises are also a key component of these classes. Based upon research by Tuft's University and reported in the *Journal of the American Medical Association*, the Bone Builders program is designed to prevent and reverse osteoporosis, improve balance to protect against falls and fractures, and enhance the participant's energy level and sense of well-being. As well, the prevention and treatment of osteoporosis is addressed through education. Weekly discussions about an osteoporosis related health topic are included and leaders will share information you can use to improve your health. Participants attend classes twice a week for a minimum of six (6) months.

RSVP Bone Builders participant benefits—

- **Prevent and reverse osteoporosis**
- **Improve balance**
- **Enhance energy and feelings of well-being**

All classes are free!

Donated sites and trained volunteers are utilized to conduct exercise sessions in order to deliver this valuable program free to communities. Weights required for strength training exercises may be supplied by your local RSVP at no cost. RSVP volunteer leaders are age 55 and over. They are trained and qualified by attending an eight-hour training workshop conducted by experienced instructors, and periodic follow-up trainings are offered. Many volunteer leaders are former Bone Builders participants, and some of them actually suffer from osteoporosis.

You are invited to join now!

With the required physician's permission, both male and female participants can join an on-going class at anytime. The key to participation is a commitment to attend classes twice weekly for a minimum of six (6) months. This commitment is necessary to insure an increase in bone density.

If you are interested in joining the RSVP Bone Builders program either as a participant or as a RSVP Volunteer Leader — please contact your local RSVP at:

(207) 262-7926 or (207) 262-7924

RSVP — Senior Volunteers Responding to Community Needs

The UMaine Center on Aging RSVP serves Hancock, Penobscot, Piscataquis, and Washington Counties.

We are funded by AmeriCorps Seniors and the Maine Office of Aging & Disability Services, as well as other community funding.

