

Retired and Senior Volunteer Program (RSVP)

BONE BUILDERS

A free strength training and balance exercise program for those 55+, meeting at the North Shore Area Partners building.



Proper strength training causes muscles to put tension on bones, which stimulates bone cell growth and increases bone density.

RSVP Bone Builders is based on this simple bodily response. It uses no-impact, weight bearing exercises that:

- Prevents and Protects Against Fractures
- Increases Muscle Strength
- Increases Bone Density and Balance
- Enhances Energy and Well-Being

Dr. Miriam Nelson, author of "Strong Woman, Strong Bones," concludes the key to increasing bone density is participation in weight bearing exercise twice weekly for at least six months.

Bone Builders

Tues. & Thurs., 9:30 - 10:30 am
36 Shopping Center, Silver Bay

A fully-trained RSVP volunteer leads free, twice-weekly classes. Participants may join an on-going class at any time.

Class size: 8 - 14 people.

To join the program, you will complete a **self-examination form** on site, and have your physician sign a **medical waiver**—this can be done without making an appointment.



Proper hydration is strongly encouraged. Remember to bring your water bottle!

Questions?

Call RSVP Bone Builders instructor, at 630-269-5997

Please wear gym shoes and comfortable clothing to class!

RSVP Bone Builders is a national program that provides seniors aged 55+ with free, twice-weekly group fitness sessions. Leaders work in pairs and receive 8 hours of training as well as ongoing support and supervision. An established curriculum and standardized exercises are used, with ankle weights and hand weights tailored to the individual's capabilities and comfort level.



About OSTEOPOROSIS

**9 out of 10 women over the age of 75 have it.
1 out of 4 women over the age of 45 have it.
6 million men are affected.**

“Osteoporosis is a condition in which bone density deteriorates, a normal part of the aging process. In women, the lack of estrogen during menopause speeds up bone loss significantly. There are 1.3 million fractures per year due to osteoporosis. The cost of osteoporosis in the U.S. is estimated to be \$20 billion each year.”



- **ONE HALF OF ALL AMERICAN WOMEN WILL EXPERIENCE A FRACTURE DUE TO OSTEOPOROSIS BY THE AGE OF 75.**

“Studies published in the New England Journal of Medicine and the Journal of the American Medical Association show that the women who participated in a twice weekly weight training program for a year gained an average of 1% of bone density. They also experienced increased strength, better balance, more energy and enhanced feelings of well being.”

Source: www.friendsprogram.org

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