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## What is Bone Builders?

The Augustana RSVP Osteoporosis Exercise Program (Bone Builders) relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density.

Studies published in the New England Journal of Medicine and the Journal of the American Medical Association show that elderly women who participated in a weight training program twice weekly for a year gained an average of 1% of bone density. A control group lost 2% to 2.5% over the same time period. At the same time, participants reported increased strength, better balance, more energy and feelings of well-being.

These remarkable results demonstrate the urgent necessity to make this program available in every community across the nation.

The Augustana RSVP Osteoporosis Exercise Program is provided in collaboration with the following agencies.

- ◆ Willmar Community Senior Network
- ◆ Rice Rehabilitation Center
- ◆ Willmar City Auditorium
  - ◆ Duininck Chiropractic
  - ◆ Steps to a Healthier Willmar Program
- ◆ Mid-Minnesota Development Commission / MN River Area Agency on Aging<sup>®</sup>, Inc.
  - ◆ Augustana RSVP

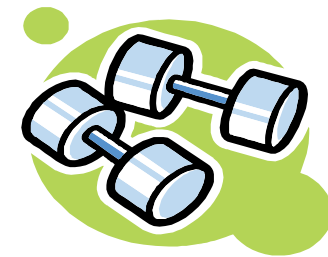
Proper exercise stresses bones. Stimulated by the stress, bone density increases. The RSVP Osteoporosis Exercise Program (Bone Builders) is based on this bodily response.



### Augustana RSVP

## Bone Builders

(The Osteoporosis Exercise Program)



- ◆ **Prevents / Reverses Osteoporosis**
- ◆ **Improves Balance**
- ◆ **Enhances Energy and Well-being**
- ◆ **Increases Socialization**
- ◆ **Provides Information**

**1-800-669-6714**

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## Exercise Sessions

### Volunteer Trainers

Volunteer Trainers attend a one-day, all-day workshop conducted by experienced instructors.

### Sessions Include:

Each session will incorporate **information** and **education** about health related topics.

### All Classes — Free

We use Volunteer Trainers to lead classes at donated sites.

With your help Augustana RSVP will deliver a proven exercise program to residents of Meeker, McLeod, and Renville Counties.



## Participants

Participants can join a class at any time. They can also invite others to initiate a new class.

### Augustana RSVP

- ◆ provides Volunteer Trainers
- ◆ locates a donated site
- ◆ supplies the required weights

### The key to participation

- ◆ commitment to attend classes twice weekly for a minimum of six months.

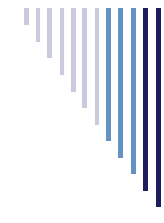
All the research surrounding weight training as a deterrent to osteoporosis confirms that a twice weekly commitment is required to ensure an increase in bone density.

### Once a week is not enough.

**For information on joining or becoming a trainer call**

**Augustana RSVP**

**1-800-669-6714**



## What is Osteoporosis?

According to the National Osteoporosis Foundation

“Osteoporosis is a major public health threat for an estimated 44 million Americans, or 55 percent of the people 50 years of age and older.”

Osteoporosis is a condition in which bone density deteriorates. Bone density peaks at about age 30 and then begins a slow and gradual deterioration, which is a normal part of the aging process. However, in the case of women, the onset of menopause lowers the production of the hormone estrogen which is an essential factor in bone growth and replacement.

- ◆ 80% of sufferers are women

The Mayo Clinic reports that 40,000 deaths each year are associated with osteoporosis—many of these resulting from complications following hip and other bone fractures.