

## BONE HEALTH BASICS

### PART OF THE ADULT DANCE & FITNESS PROGRAMMING

Your bones are alive, active and ever replenishing — all 206 of them! They give us shape, allow mobility, support and protect our internal organs, produce white blood cells, and store and hold in reserve minerals, salts, calcium and phosphates.

We need to keep our bones strong. We need to prevent falls.

This lecture-demonstration focuses on activities you can -must- incorporate into your lives which will help you to maintain and improve:

- posture (standing, sitting, lying),
- balance (walking, standing, change of direction),
- function (at home, at work, at play),
- strength and agility so you can live productively, actively, and comfortably.

**Question: Which is most often the case?**  
"She fell and broke her hip." or "Her hip broke, so she fell."

### What You Get

Basic Bone Health knowledge that will help you customize a movement session that incorporates activities for your core, and upper/lower body to improve:

- strength (resistance training using your own body weight, bands/tubing or free weights),
- endurance (weight-bearing and impact moves to stimulate bone density),
- flexibility (stretches to increase range of motion),
- coordination (upper-lower body patterns for balance and gait).

The National Osteoporosis Foundation's pamphlet *Boning-Up on Osteoporosis — A Guide to Prevention and Treatment* to use as a primary resource for understanding, treating, monitoring, and maintaining good bone health.

Information on Osteoarthritis, as differentiated from Osteoporosis.

This lecture/demonstration is tailored to you and your group's needs. It must run at least an hour and a half, but can be extended to suit your needs. The last portion is reserved for Q & A.

None of the suggested activities require you enter a formal program or go to the gym. An activity list can be customized for you based upon where and how you live, your favorite sport or hobby, or your love of dance\*.

\*Tap dancing in particular is a perfect activity to help you prevent (further) bone loss and increase and/or preserve good bone health.



**Looking forward to collaborating with you.**