



June/July Support Group Leaders' Curriculum

Exercise is essential at all ages for building healthy bones. Ensure that exercise is at the top of your daily “to dos” to help prevent osteoporosis. It will also aid in increasing muscle strength, coordination and balance – which is directly related to averting falls and fracture risk. This is vital for older adults and anyone who has been diagnosed with osteoporosis.

We realize that not everyone is an avid athlete. Yet, there are so many bone-building exercises that will improve your balance, posture and how well you function in performing everyday activities. Weight-bearing and resistance exercises are the best for your bones. Weight-bearing exercises force you to work against gravity and include walking, climbing stairs, playing tennis and dancing. Resistance exercises – such as lifting weights – can also strengthen bones. It is critical, however, to get the “green light” from your healthcare provider before beginning any new exercise regimen.

With warm days and summer sunshine, getting outdoors – while practicing social distancing – is an excellent way to get vitamin D. Our bodies need vitamin D to absorb calcium, and it also plays an important role in bone growth and bone healing. Spending time in the sun can provide you with the proper daily dose of much-needed vitamin D, but you'll have to do it without sunscreen to be able to absorb the vitamin D. A better and safer alternative is to take a vitamin D supplement. Discuss this option with your healthcare provider.

Special Offer: Free Zoom Classes!

Thanks to the Elements Fitness & Wellness Center, on Saturday, June 20 AND/OR Saturday, July 18, you are invited to join a free Zoom class which will provide a safe space for you to feel comfortable with movement in your body. This online class is led by physical therapists, Dr. Lisa Grimmer and Dr. Justine Bernard. During the session, these professionals will offer general information on bone strengthening, fracture prevention and nutrition basics. In addition, they will provide an opportunity to learn different exercises and movements that you can work into your daily routine to continue building strong and agile bones. Please remember to always check with your healthcare provider before engaging in any exercise group or routine.

Register NOW!

Saturday, June 20

<https://clients.mindbodyonline.com/classic/ws?studioid=5007&sclassid=1439&sDate=6/20/2020&sLoc=1&sTG=23&sType=1>

Saturday, July 18th -

<https://clients.mindbodyonline.com/classic/ws?studioid=5007&sclassid=1440&sDate=7/18/2020&sLoc=1&sTG=23&sType=1>

Exercise Tips and To Dos

- [Exercise for Strong Bones](#) Weight-bearing and muscle-strengthening exercises are two ways to help build and maintain bone density. From jumping rope to low-impact aerobics to lifting weights, there is something for everyone.
- [Osteoporosis Exercises to Stay Healthy](#) Good posture, strength, movement, flexibility and balance are critical for everyone -- especially those with osteoporosis.
- [Fracture Prevention for Daily Activities](#) If you have osteoporosis, performing daily activities with care and caution is just as important as choosing the right exercise routine. NOF's handy, information-packed flyer highlights the safety basics for everyday actions.

Guest Blog

Prevent Osteoporotic Hip Fractures with Exercise by Dr. Justine Bernard

Learn about the two primary ways to help avoid a hip fracture by using exercise. This engaging blog showcases how to strengthen your bones and decrease your chances of falling.

<https://elementsjustine.wordpress.com/>

Videos and Downloadable Brochure

Safe Movement and Exercise Videos

For people with osteoporosis or an increased risk for fracture, preventing falls is a top concern. It is also important to avoid unintentional injuries, especially those of the spine, which may occur with everyday activities. The video series in the link below shows how simple changes can be made to help keep you healthy and active. NOF also shares two informative flyers that address practicing safe yoga and Pilates.

<https://www.nof.org/patients/fracturesfall-prevention/safe-movement-exercise-videos/>

Safe Movement Brochure in English and Spanish

NOF's Safe Movement Brochure has information on preventing fragility fractures. It contains helpful details on anti-fracture medicine, safe movement recommendations and fall prevention.

<https://cdn.nof.org/wp-content/uploads/Safe-Movement-Brochure-COMBINED.pdf>

Join Our Online Community

NOF's Online Community, hosted by Inspire, now connects more than 50,000 members. This community is a safe place where patients and caregivers affected by osteoporosis convene to share helpful advice and support one another. The community has grown rapidly since launching in October 2007, underscoring the great need to educate and support those impacted by this debilitating disease. We invite you to join this passionate group at

<https://www.inspire.com/groups/national-osteoporosis-foundation/>

For more information visit www.nof.org



The National Osteoporosis Foundation thanks SunSweet for their sponsorship of the 2020 Support Group Curriculum.