

Osteo Boost Details

Test after test has been done all over the world to prove this. They have even taken people in their 90's and put them on a weight training program and doubled their strength and endurance. Just think what the younger people at 50, 60, 70 and 80 can do if they can do that with 90 year olds.

—Jack LaLanne

Osteoporosis is the silent killer, reducing bone mass and making bones fragile and prone to fracture. Bone density increases during childhood and through early adulthood, reaching maximum levels during our 20s. After this, density declines and, during the 5-7 years following menopause, women can lose up to 20% of their bone mass.

Often a fracture is the first indication of a problem. 50% of women and 25% of men over age 50 experience an osteoporotic fracture, according to estimates from The National Osteoporosis Foundation. Decreased muscle mass also adds to the problem. As people grow older, they often lose muscle mass because they become less active. Loss of muscle mass, especially in the legs, reduces strength to the point where some people have difficulty getting up from a chair without assistance.

Then there is the problem of decreased body fat that has cushioned and protected bony areas, such as hips. This loss of cushioning also affects the soles of the feet, which upsets your ability to balance.

Bone loss, muscle loss, and fat loss play a key role in the loss of strength, agility, and balance, putting people at increased risk of falls and fractures. But there is hope! Weight bearing exercise can build bone and help prevent bone loss. No matter what your current level of fitness or ability is, you will benefit from one of the osteo boost classes that Carol Lee Rogers gently instructs.

What are Osteo Boost classes?

These are classes aimed at people who want to use physical strengthening to help prevent, stop, or reduce bone loss caused by osteoporosis. Some of the classes provide exercises you can do from a chair; others provide classes you can do standing up.

How do they help?

- Eliminates pain and stiffness
- Improves posture
- Strengthens muscles and reduces the chance of falls
- Increases bone density and reduces the chance of fractures
- Inspires the magic of motion and improves the quality of life

What do our clients say about Osteo boost classes?

- “Reduced my stiffness”
- “Trimmed me down two dress sizes, toned my arms and legs”

What do you learn?

You Can Do It! provides several Osteo boost classes at Mountain Meadows, Independent Retirement Living (857 Mountain Meadows Dr.) and the Gove (1195 East Main St.) in Ashland. See our Class Schedule for details.

Our **Chair Stretch** classes are ½-hour long for people 50 or older. These classes build strength, mobility and confidence. They consist of **seated exercises** that help:

- Build stronger bones
- Strengthen lower body, upper body and core
- Develop balance
- Make joints limber

Our **Strengthening** classes are ½-hour long for people 50 or older. These classes are more difficult than the chair-based classes. They consist of **standing weight-bearing exercises** that:

- Build muscles in the lower and upper body
- Help prevent osteoporosis

Our **Building Bones Step-by-Step** classes are 55-minutes long for people concerned with strength and bone loss. These classes are the most advanced because of their length. They consist of **standing and floor exercises** that help:

- Build stronger bones
- Strengthen lower body, upper body and core
- Develop balance
- Make joints limber

What should you know about the classes?

- All classes are strengthening based which helps you with balance.
- As we age, strength is vital to keep you moving, doing the activities you enjoy, and staying independent.
- This is a time for you to build strength and independence.
- Results come when the work is done consistently and regularly, with proper form as well as focus.

What should you bring and what can you expect during a workout?

- Wear loose fitting clothes and tennis shoes or shoes fully covering the feet.
- Make sure you have plenty of water available.
- Expect to be tired or sore after your first workouts or whenever we change workouts – your muscles are not yet used to your new exercises.
- Results come when you work consistently and regularly, with proper form, focus, and attitude. That’s right ... daydreaming while working out is not going to bring results!
- Weights and other required materials are provided, although you are welcome to bring your own.

- During a class, the instructor guides you into and out of the exercises and assists with any discomforts as well as proper alignment of the body to avoid injury.

How do you sign up?

Contact **You Can Do It!** by email or phone ... it's easy.

- **Email:** CarolLee@YouCanDoItNow.net
- **Phone:** 541-482-1887