

## *Project Healthy Bones*

is an evidence based osteoporosis exercise program available through:

- The New Jersey Department of Health and Senior Services
- The Saint Barnabas Osteoporosis and Metabolic Bone Disease and Health and Wellness
- The North Jersey Regional Arthritis Center at Atlantic Health System
- The Southern New Jersey Regional Arthritis Center at Virtua Health
- County and local community organizations

*Volunteer Peer Leaders lead local classes after learning proper exercise techniques and osteoporosis-related information at a 2-day training.*

*Participants* enjoy the 24-week program, meet new friends and learn ways to improve their health.

A physician's medical release is required prior to starting the program.

Join us for this free Program to better your health.

## *Project Healthy Bones*

**An Osteoporosis Prevention  
Exercise and Education Program**

**Brought to you by:  
Hopewell Township Health Department  
Mercer County**



## **Gentle Movement**

**Designed to improve**

Senior Posture, Balance,

Flexibility, & Strength

Monday & / or Wednesday 10:45 am

To inquire, call the

Hopewell Township Nurse at 537-0238

## **What is Osteoporosis?**

**Osteoporosis** is a serious disease that can cause bones to become thin, brittle and easily broken.

You can lower your risk of osteoporosis and fractures by learning easy-to-do weight-bearing, resistance, balance & posture exercises.

**You can practice a healthy lifestyle to help keep your bones strong.**

1. Eat a balanced diet rich in calcium and
2. Be sure to get adequate vitamin D.
3. Exercise 30 minutes a day, 3 times a week. Include weight-bearing exercise (such as walking) and resistance exercise (using light weights).
4. Do not smoke.
5. Limit your alcohol use to no more than 2 drinks per day.
6. Get a bone density test.

## ***Project Healthy Bones:***

Is a low impact exercise program for both women and men of any age who have been diagnosed with or who are at risk for osteoporosis.

### ***Project Healthy Bones is Fun!***

Classes, led by peer leaders, have a **wellness** focus.

Healthy Bones teaches you high intensity, low impact strength training exercises to:

- Improve or stabilize bone density
- Increase strength, balance and flexibility
- Build muscle mass

### ***Project Healthy Bones***

program includes information about the importance of

posture, exercise, nutrition, safety, and lifestyle factors that relate to osteoporosis.

***STRONG BONES for a LIFETIME***