

## What is RSVP Bone Builders?

**Bone Builders** offers no impact weight training group exercise classes aimed to prevent and reverse osteoporosis.



All exercises are professionally designed to protect against fractures.

Volunteer leaders from the Retired and Senior Volunteer Program (**RSVP**) are there to help guide you through your class. Don't go it alone!

## Join an RSVP Bone Builders class today!

Call the SNHS-RSVP office to learn more.



**RSVP Bone Builders:**  
(603) 634-1169  
Call for services in  
Manchester and Nashua, NH

Learn More at:  
[www.snhs.org](http://www.snhs.org)

TTY: 800 877 8339



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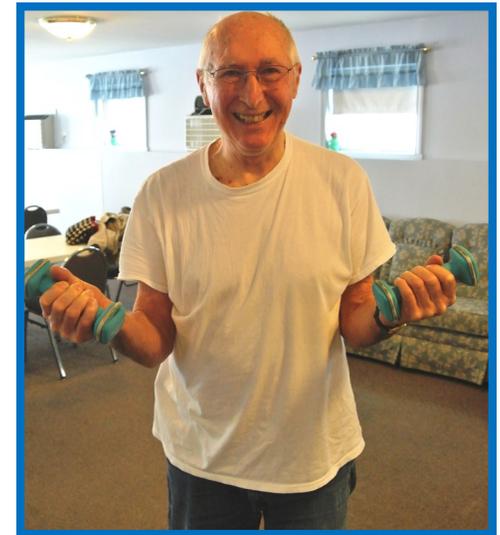
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# Bone Builders

## RSVP

### Lead With Experience

Volunteers 55+ Serving Our Local Communities



A strength training and balance exercise program to prevent and reverse osteoporosis.

Sponsored locally by:



## What is Osteoporosis?

“Osteoporosis is a disease of the bones. It happens when you lose too much bone, make too little bone or both. As a result, your bones become weak and may break from a minor fall.”

*-National Osteoporosis Foundation*



The National Osteoporosis Foundation recommends engaging in both weight-bearing and muscle-strengthening exercises to build and maintain bone density.

## Benefits of Attending a Bone Builders class

### 1. Build Bone Density

The RSVP Bone Builders program uses weights to create stress on the bones. Bone density increases when stimulated by this stress.

### 2. Improve Balance

Non-impact exercises can help you to improve balance, posture and how well you move in everyday activities.

### 3. Classes are **FREE!**

All classes are lead by volunteer leaders and weights are provided. There is no fee to attend a class.



*Donations are appreciated and help to sustain your local **Bone Builders** class.*



It's never too early or too late to take steps to protect your bones! Join a **Bone Builders** class today!