About FRIENDS RSVP

The Friends Program is a nonprofit that manages RSVP locally in Rockingham County to meet community needs by mobilizing volunteers over the age of 55. We match volunteers’ preferences, interests, skills, and availability to an opportunity near them. All services are free of charge to those we serve, with donations gratefully accepted.

Learn more about Bone Builders and other RSVP volunteer opportunities:

(603) 228-0139
(800) 536-1193
rsvp@friendsprogram.org
www.friendsprogram.org

202 N. State Street

- Prevents and Reverses Osteoporosis
- Improves Muscle Strength
- Increases Bone Density and Balance
- Enhances Energy and Well-Being
About OSTEOPOROSIS

9 out of 10 women over the age of 75 have it.
1 out of 4 women over the age of 45 have it.
6 million men are affected.

Osteoporosis is a condition in which bone density deteriorates, a normal part of the aging process. In women the lack of estrogen during menopause speeds up bone loss significantly.

There are 1.3 million fractures per year due to osteoporosis. The cost of osteoporosis in the U.S. is estimated to be $20 billion each year.

ONE HALF OF ALL AMERICAN WOMEN WILL EXPERIENCE A FRACTURE DUE TO OSTEOPOROSIS BY THE AGE OF 75

Studies published in the New England Journal of Medicine and The Journal of the American Medical Association show that the women who participated in a twice weekly weight training program for a year gained an average of 1% of bone density. They also experienced increased strength, better balance, more energy, and enhanced feelings of well being.

About Friends RSVP BONE BUILDERS

FACT: Proper strength training causes muscles to put tension on bones, which stimulates bone cell growth and increases bone density.

Friends RSVP Bone Builders is based on this simple bodily response. It uses no-impact, weight bearing exercises that:

- Increase muscular strength
- Increase bone density
- Protect against fractures
- Prevent falls

Fully-trained Friends RSVP volunteers lead free, twice-weekly classes (donations are gratefully accepted).

Participants may join an ongoing class at any time, after registering with us and obtaining their primary care provider’s signed permission.

Research conducted by Dr. Miriam Nelson, author of Strong Woman, Strong Bones, shows that a key to increasing bone density is participation in weight bearing exercise twice weekly for at least six months.