

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS,SSCS, MES,
E/FT, PSCS, PRCS

EXERCISE AND OSTEOPOROSIS

Exercise has been touted as one way to fight osteoporosis, the increased loss of bone density, a disease in which bones become porous and susceptible to easy breaking. The theory is that bone density depends on the load placed on bones; regular exercise stresses the bones enough to strengthen them, while being sedentary allows bones to lose density. Bone loss is accelerated by the hormonal changes after menopause, therefore elderly women are those most often afflicted with Osteoporosis.

The deterioration of the muscle and bone starts in sedentary women between the ages of **25** and **30**, and in sedentary men between the ages of **30** and **35**. Every decade from the onset results in the loss of **3-6** pounds of muscle and bone. Resistance training can stop and **even reverse** the deterioration of the muscle and bone in individuals well into their **70's** and **80's**.

Research on postmenopausal women suggests that even *moderate* exercise can help maintain bone density. This is good news for elderly or previously sedentary people who want to maintain bone strength but might be scared off by running or other high impact exercise. Other encouraging findings on elderly women show positive results with only three **20-minute** sessions per week. This is promising news for those who think that positive results from exercising requires several hours a week.

Maintaining bone and muscle strength is critical to preserving independence with age. Not only can a regular exercise program deter the onset of osteoporosis, strength levels in individuals can increase by as much as **200%** and muscle size can increase by as much as **15%**.

Our programs are designed to assist seniors in exercising safely, to insure a more positive quality of life.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.