



# Build Strong Bones For A Lifetime

University of Arizona Cooperative Extension Presents  
**Bone Builders Physical Activity Program**

1-1/2 Day Train-the-Trainer Workshop

August 4th & 5th, 2010

Registration open till July 26, 2010

## Physical Activity Program

*A Low Impact Evidence Based  
 Beginning Exercise Education  
 Program Promoting Physical  
 Activity for Inactive Older  
 Adults with a focus on bone*



**TRAINING FEE: \$75.00\***  
 Scholarship available upon  
 written request.  
**\*\*Refresher training fee: \$25.00**

**Training Location:**  
 UA Cooperative Extension  
 4341 E. Broadway,  
 Phoenix, AZ 85040

**\*QUESTIONS OR TO REGISTER:**  
**CONTACT:** Elizabeth Schnoll ....  
 eschnoll@cals.arizona.edu  
 PH:602-827-8200, XT 324  
 Fax: 602-827-8292

## Bone Builders Physical Activity Series for Inactive Older Adult

**WHAT IS IT?** The Bone Builders Physical Activity program is a 9-week exercise education program based upon achieving evidence based exercise performance levels for aging adults. Reaching this goal provides older sedentary adults the means to get moving to support their ability to safely engage in ADL, move effectively to begin exercising to age well, prevent falls and benefit bones

**Bring this program to your local senior group or center!**

**Training dates: Wednesday— August 4th, 2010 ...12:30– 4:00 pm AND  
 Thursday— August 5th, 2010.....8:30am—3:30pm**

Training provides center staff /volunteers support to implement & sustain a 9-week session of the Bone Builders Physical Activity program at their senior programming center/site. Trainers;

- Receive training notebook with detailed lesson plans, all necessary forms and class resources, including exercise bands and hand weights, a personal fitness assessment, BB t-shirt, meals & snacks @ training and fitness testing support at local sites for seniors upon initiation of programs,
- learn how; to implement the series, assess senior fitness levels via administering the Senior Fitness Test (Jones & Rikkli), motivate seniors for physical activity to improve and maintain fitness for life, while improving balance, building healthy bones, and address safety Issues related to falls prevention
- Expand and build on original Bone Builders “healthy bones” education
- Administer evidence based Senior Fitness Test (Jones & Rikkli), pre & post to measure change.
- Through exercise, help seniors gradually improve levels of physical activity, ability to perform ADL as well as guide them safely and effectively to exercise enabling them to live life so that they can do the things they want to do.
- Gain invaluable education how to safely exercise with aging adults, presented by Ms. K. Brewer, PT, GCS, Med., Mayo Clinic

### Program participants will exercise weekly and learn and practice....

- **Flexibility** - combing hair, zipping a back zipper, reaching for a seat belt
- **Strength** - getting out of chair, lifting groceries, picking up grandchildren
- **Agility and balance** - getting up to answer the phone, avoiding falls, safe reaching
- **Endurance** - walking, shopping, touring, climbing stairs

**Registration & background check fee to attend 1-1/2day training: \$75.00.**

**Fees Payable by check to: University of Arizona**

**\*Volunteer Application form available at <http://ag.arizona.edu/maricopa/fcs/bbvolunteer.htm> or by fax, upon request.**

**\*\*Does NOT include training manual and materials.**



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