



Building Strong Bones for a Lifetime
University of Arizona Cooperative Extension
presents
Bone Builders Physical Activity Program
2-Day Train-the-Trainer Workshop

Sept. 10th, 2007 1:00 – 4:00 pm & Sept. 11th, 2007 9:00-3:30pm
Register soon – spaces limited

Bring this program to your local senior group or center!

Bone Builders Physical Activity Series for Inactive Older Adults

2-Day Training Date:

Sept. 10th, 2007 1:00-4:00pm & Sept. 11th, 2007, 9:00am – 3:30pm
UA Cooperative Extension, 4341 E. Broadway, Phoenix
(attendance to both dates of training is required)

Followed by

9 weeks of classes for participants at your center
Scheduled to begin the week of Sept. 24th, 2007

Training for Center Staff and Volunteers
to Implement & Continue Program in Local Centers

- Volunteers receive training notebook with lesson plans, Bone Builders t-shirt, exercise band, meals, refreshment breaks, personal fitness assessment, needed forms and access to class resources, fitness testing in local communities for seniors
- Learn how; to implement the series, assess senior fitness levels, motivate seniors for physical activity to improve and maintain fitness for life, while improving balance, building healthy bones, and address safety issues, particularly falls prevention..
- Expand and build on original Bone Builders training
- Help seniors **gradually improve their level of physical ability, live life to the fullest, to be able to do the things they want to do.**

Physical Activity Makes a Big Difference
In the Quality of Life for Arizona Seniors!

What about your local seniors?

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Building Strong Bones for a Lifetime

Physical Activity for Inactive Older Adults

What is the Bone Builders Physical Activity Program for Inactive Adults?

- The Bone Builders Physical Activity program helps seniors safely move from "couch potatoes" to "hot potatoes", by becoming active participants in their health and wellness rather than bystanders, watching personal health and wellness diminish.
- The program begins with an individualized **fitness assessment** developed by California State University, Department of Kinesiology, after **obtaining the required signed *Medical Consent to Participate*** from participants' health care provider. From this pre-assessment, areas needing improvement are identified.
- Five exercise learning **sessions** follow and include warm-up exercises, and a diversity of applied postural, stretching, flexibility, strength and balance movements/activities. The first complete **nine week series** includes support for fitness, assessment, teaching sessions and program evaluations, both pre and post.
- Each session includes education on osteoporosis prevention, various aspects of balance, falls prevention, building physical activity into everyday life, body mechanics and posture. Classes use weights, exercise bands and more during each of the sessions.
- Each participant receives final individualized **fitness assessment outlining improvements and progress.**

Areas of Fitness and Physical Activity directly affecting quality of daily life

- **Flexibility** - Warm-up exercises, include postural, stretching, flexibility moves
 - combing hair, zipping a back zipper, reaching for a seat belt
- **Strength** - walking, weights and exercise bands
 - getting out of chair, lifting groceries, picking up grandchild
 - opening jar lids, moving a box
- **Agility and balance** - stretching, posture exercises
 - getting up to answer the phone, avoiding falls
 - crossing the street safely, reaching for things
- **Endurance** - walking, weights and exercise bands
 - shopping, walking with family, touring, climbing stairs

2-Day Training Registration Fee - \$75

Scholarships available

Contact the UA Cooperative Extension or call Elizabeth Schnoll at 602-470-8086 Ext. 324 or email eschnoll@ag.arizona.edu for more information or to attend the training and set up a Bone Builders Physical Activity Program in your center.

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