



About FRIENDS RSVP

RSVP is a non-profit that meets important community needs by mobilizing volunteers to make a difference in their communities. All services are free of charge. But, donations are gratefully accepted.

We match volunteers' preferences, interests, skills, and availability to an opportunity near them.

Volunteers become Senior Corps members and their service hours are accumulated for recognition and N.H. volunteer statistics. They get placements and supplemental accident and liability insurance.



To learn more about Bone Builders or RSVP volunteer opportunities, please contact us at

(603) 228-0139
(800) 536-1193

Email:
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www.friendsprogram.org



202 N. State St.
Concord, NH 03301



FRIENDS RSVP BONE BUILDERS

A Strength Training and Balance Exercise Program



- ◆ 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.



FACT

**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 RSVP BONE BUILDERS

FACT

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

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



Participants may join an on-going class at any time, after registering with us and obtaining their physician'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.