

# Build Strong Bones For A Lifetime

University of Arizona Cooperative Extension - Maricopa County

## Bone Builders Physical Activity Program

Presents: Train-the-Trainer class for staff/volunteers serving  
 Senior Programming/Sites

To learn more or register for the next upcoming BBPAP training:  
 Contact Elizabeth Schnoll @ 602-827-8200, Ext 324 or  
 eschnoll@cals.arizona.edu



### Physical Activity Program

*A Low Impact Beginning  
 Exercise Education Program  
 Promoting Physical Activity for  
 Inactive Older Adults with a*



**TRAINING FEE: \$75.00**  
 Scholarship available

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

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### Bone Builders Physical Activity Program

**WHAT IS IT?** The Bone Builders Physical Activity program is a 9-week exercise education program that provides older sedentary adults the means to move from "couch potatoes" to "hot potatoes"

**WHY SHOULD I EXERCISE?** Research shows that routine exercise maximizes the opportunity for individuals to age well. By safely engaging in Physical activity & exercise, older adults will begin to become active participants in their physical, mental and social health and wellness rather than bystanders, watching personal health and wellness diminish and suffer the onset of chronic disease. Osteoporosis prevention related to bone health is but one area benefitting from regular WB\* exercise.

**KNOW YOUR FITNESS LEVELS.** The **Senior Fitness Test (Jones & Rikli)** developed at Cal State Univ.-Fullerton, Dept. of Kinesiology, is administered pre and post program. This requires participants to obtain a **signed Medical Consent, to participate** from their health care provider. Testing helps to identify areas needing improvement as well areas improved from exercise, for participants.

**I AM TOO OLD TO EXERCISE! Research has proven this to be untrue.** The BBPAP program educates through five exercise learning sessions. Participants learn the "how & why" of safely engaging in a diversity of exercises including warm-ups, postural, stretching, flexibility, strength and balance movements/activities. Participants are asked only to engage at the level they feel confident. However, as classes progress, building one upon the other, most participants levels of engagement progress too.

**MORE THAN EXERCISE!** Session include education on osteoporosis prevention, various aspects of balance, falls prevention, building physical activity into everyday life, body mechanics and posture paired with nutrition education related to bone health. Classes use weights, exercise bands and more, during each of the sessions and easily adapt to practice at home.

**IS IT WORKING?** Participant receive a final individualized **fitness assessment outlining physical fitness improvements and progress they have made.**

**"Ah-ha Momen ts!"** Lifestyle changes by "getting moving" are the most dramatic initial changes realized by participants. The measure of this benefit can only be expressed by each individual. Program leaders hear from participants about small gains in ADL every class meeting. These are often "turning points" for older adults realizing they are getting moving and feel better on multiple levels.

### What can I expect from engaging in weekly exercise classes & 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

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