

# Special Topics

## Osteoporosis

### Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Play Osteoporosis DVD.
3. Pass out handouts and instruct activity (details below).
4. Sell Calcium supplements

### Opening Discussion Questions: (Options)

- How important do you think calcium is to your bone health?
- Do you take a calcium supplement?
- What are some calcium-rich foods that you eat on a regular basis?
- Do you think exercise is important for bone health?
- How do you think exercising helps improve bone mass?

### Activities:

**Materials needed:** Tape measure and attached handouts. Make enough copies of the handout for each participant.

**Coach:** Pass out the handouts. Encourage participants to take the quiz to determine their risk factors for osteoporosis. While they are taking the quiz, pass around the tape measure and ask participants to measure their wrist. Use this chart to determine frame size based on wrist measurement. Having a small frame is one risk factor for osteoporosis.

	Height under 5'2"	Height 5'2" to 5'5"	Height over 5'5"
Small-boned	wrist size less than 5.5"	wrist size less than 6"	wrist size less than 6.25"
Medium-boned	wrist size 5.5" to 5.75"	wrist size 6" to 6.25"	wrist size 6.25" to 6.5"
Large-boned	wrist size over 5.75"	wrist size over 6.25"	wrist size over 6.5"

### Closing Discussion Questions: (Options)

- What can you do to improve the health of your bones?
- After watching this DVD, do you think you are getting adequate amounts of calcium?
- Did you find it surprising that weight-bearing exercise increases bone mass?

### Sell Product

This is a great time for you to sell calcium supplements after participants have learned about osteoporosis and the benefits of calcium supplementation. If your members brought a non member friend, consider giving them a discount on the calcium supplement.



# Osteoporosis

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**Have you thought about your bones today?** You know, those 206 hard connective tissues forming the substance of your skeleton? For most of us, our bones are out of sight and out of mind. But for an estimated 35 million American women with osteoporosis or low bone mass, bones are a constant thought. Osteoporosis means “porous bone.” Basically, the bones become weak and are more susceptible to fractures and breaks—especially in the hip, spine and wrist. Age, gender, ethnicity and genetics are some of the common risk factors.

**Place a check mark next to each statement that applies to you. This simple quiz will give you an idea of how many risk factors you have for osteoporosis.**

- |  |  |
|--|--|
| <input type="checkbox"/> I am over the age of 65.          | <input type="checkbox"/> I am a female.  |
| <input type="checkbox"/> I am post menopausal.             | <input type="checkbox"/> One of my parents or grandparents had osteoporosis.   |
| <input type="checkbox"/> I have a history of broken bones. | <input type="checkbox"/> I have a small frame.                                 |
| <input type="checkbox"/> I do not strength train.          | <input type="checkbox"/> I do not eat 2-3 servings of dairy products each day. |

The National Osteoporosis Foundation recommends you have a bone density test if you aren't taking estrogen and any if the following conditions apply to you:

- You're over 65, regardless of risk factors
- You're postmenopausal and have at least one of the risk factors listed above
- You have a vertebral abnormality
- You have type 1 diabetes, liver, kidney or thyroid disease, or a family history of osteoporosis
- You experienced menopause

In addition to having a bone density test, you should do what you can do to protect your bones. Getting enough dietary calcium and strength training are two of the best things that you can do to protect your bones.

**GET ENOUGH CALCIUM**—the recommended amount is 1,000 to 1,200 milligrams a day. Milk, yogurt, cottage cheese and cheeses contain about 300 mg per serving. A calcium supplement can help meet your daily needs. Be sure to select a quality supplement made with Calcium Citrate. Other forms of calcium, like Calcium Carbonate are not as efficiently absorbed. Your calcium supplement should also contain Vitamin D.

**STRENGTH TRAIN**—your bones get stronger and denser when you make them work. A complete program, like the Curves circuit, works every major muscle group and the bones that work with them. Strength training three times a week—with a day in between to rest muscles—alternated with aerobic exercises like walking, jogging or tennis on the other days, is ideal.

Your bones provide the framework and support for your entire body. Be good to your bones, so they'll be good to you.