



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BONE HEALTH:

Workouts to Help Prevent and Address Bone Loss

It's never too early (or late) to address this!



Did you know that most people reach their peak bone mass between the ages of 25-30 years old? Or that anyone over the age of 40 can start experiencing bony changes (losing mass/density) in their upper back that lead to the appearance of forward head posture, or what some call the "hunchback" look?

How can you reduce our risk of low bone mass (osteopenia), or help yourself avoid further progression of osteoporosis? In this seminar, we will discuss risk factors that you can control, including lifestyle choices, diet and exercise. We will also go into the role of maintaining good balance and how this can reduce fall and fracture risk.

Wouldn't it be great to have an excuse to dance, stomp, sit up tall, try plyometrics, walk fast, do a "tree-pose" and try some resistance training? Come learn about how these moves, and many others, can help you prevent or self-treat low bone mass/density. We will also review how much calcium and vitamin D is recommended in your daily diet and which foods can help you achieve this.

- Presenter: Kim Zinn, DPT, ATC
- Sign-ups available to help with planning, but not necessary
- FREE! Members and non-members welcome

Kim Zinn, DPT, ATC is a physical therapist and certified athletic trainer at Integrative Physical Therapy in Baker City, OR. She received her Doctorate in Physical Therapy from Pacific University in 2004. Her undergraduate emphasis was in Sports Medicine as she earned a Bachelor's degree in Exercise Science in 2001.

WHEN: Wednesday, April 18th from 4:15-5:15 PM

LOCATION: FITNESS CENTER, PRESCHOOL ROOM

Questions? Contact Elissa Morrison, Health & Wellness Director