

# Women's Health Month Series



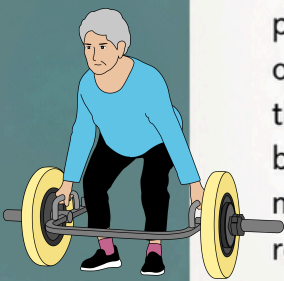
## BENEFITS OF STRENGTH TRAINING FOR OSTEOPOROSIS



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### WHY STRENGTH TRAINING MATTERS

Strength training is an important tool to delay osteoporosis progression and improve bone density for those with osteoporosis. It does this by strengthening the muscles that pull on bones. Muscles pulling on the bones reduces bone loss and encourages formation of new bone, thus minimizing progression of osteoporosis and reducing fracture risk.



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### WHAT TO DO

- ✓ Strength train 2–3 times per week with free weights, bands, or strength machines.
- ✓ Follow a Progressive Resistance plan in which you gradually increase weight, reps/sets, and/or frequency over time.
- ✓ Include compound lifts (like squats, deadlifts, overhead press) and balance exercises to prevent falls.



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### IMPORTANT CONSIDERATIONS

- ✗ Avoid excessive bending, sudden twists, and high impact activities.
- ✗ Work with your doctor and a personal trainer to create a program just for you!



## Questions?



Ask Deanna!

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*Start building strength safely.*

ASK ABOUT OUR GUIDED TRAINING PROGRAMS TODAY.

