



We help you restore and heal throughout the recovery process.

Find your strength.



SPAULDING[™]
REHABILITATION HOSPITAL

CAPE COD

BoneStrong Exercise Program

Exercise plays a key role in building and maintaining bone strength. Weight-bearing and resistance exercise are particularly important for improving bone density and helping to prevent osteoporosis. Spaulding's **BoneStrong Exercise Program** can help build and maintain strong bones, prevent falls and fractures, and speed rehabilitation.

Classes are designed for *people of all abilities* and will specifically target posture, balance, gait, coordination, strength and hip/trunk stabilization. A typical class would consist of a warm-up, muscle conditioning or light weight lifting, and a cool down component at the end.

- Small class size allows for individual attention
- No prior experience necessary but participants must be ambulatory
- Wear comfortable clothes and shoes

Studies have shown that, for women with osteoporosis over 65 years of age, this type of program can improve their ability to undertake daily activities, decrease back pain, increase overall health and decrease risk of falling.

YOUR INSTRUCTOR

Bing Harty has been a Rehabilitation Aide at Spaulding for nine years. A former group fitness instructor at Lambert's Fitness for Women in Dorchester, Bing has also served as a personal trainer at Sportsite Health and Racquet Club in Sandwich.

CALL FOR NEXT SESSION DATES

WHEN

Tuesdays and Thursdays
9:30 - 10:30am

Wednesday and Friday
10:45 - 11:45am

WHERE

Spaulding Cape Cod
New Multi-purpose Room
311 Service Road
East Sandwich

COST

\$10/class

PRE-REGISTER ONLINE

[www.spauldingrehab.org/
SCCWellness](http://www.spauldingrehab.org/SCCWellness)

FOR MORE INFORMATION

(508) 833-4078

Find us



www.spauldingrehab.org