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.

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.

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

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.