

About RSVP Bone Builders



The Bone Builders osteoporosis exercise program focuses on educating participants on the importance of physical exercise, including balance and weight/strength training, nutrition and healthy eating, personal safety, medical therapy, and lifestyle factors as they relate to osteoporosis. The program uses no-impact, weight bearing exercises that:

- Increase muscular strength
- Increases bone density
- Protects against fractures
- Increase stability to prevent falls

Class is intended for and men who want to stay healthy. A medical release form from your provider is required prior to attending any class. Twice weekly attendance for six (6) months is recommended for program optimization

Funding Sources

Funding for this program is provided in part by Carroll County and the NHDOT-FTA Section 5310 Program. In addition, other sources of income include grants, corporate contributions, fundraisers, individual donations, major gifts, and contributions from community organizations throughout Carroll County.

Donations are accepted to help with the cost of mileage reimbursement for the volunteers providing this important service



Current Classes

East Conway Bone Builders

Monday & Thursday 9:30am-10:30am

Conway/Mountain Vale Bone Builders

Tuesday & Thursday 10:30am-11:30am

Eaton Bone Builders

Tuesday & Thursday 9:00am-10:00am

RSVP

Lead with Experience



Carroll County Retired & Senior Volunteer Program

You're Never Too Old

- Studies have shown that strength and fitness can improve at any age.
- Our program relies on weight training and balance exercise to protect against fractures caused by osteoporosis.
- Our one-hour classes, held twice a week, increase muscle strength, balance and bone density.



About Osteoporosis

Osteoporosis is a condition in which bone density deteriorates, a normal part of the aging process. In women, the lack of estrogen during menopause speeds up bone loss significantly.

- Affects 9 out of 10 women over the age of 75
- Affects 1 out of 4 women over the age of 45
- Affects over 6 million men



ONE HALF OF ALL AMERICAN WOMEN WILL EXPERIENCE A FRACTURE DUE TO OSTEOPOROSIS BY THE AGE OF 75

There are 1.3 million fractures per year due to osteoporosis. The cost of osteoporosis in the U.S. is estimated to be \$20 billion each year.

Studies published in the New England Journal of Medicine and the Journal of the American Medical Association show that the women who participated in a twice-weekly weight training program for a year gained an average of 1% bone density.

They also experienced increased strength, better balance, more energy, and enhanced feelings of well being.

About The Program

Strength Training and Balance Exercise Program

- Prevents / Reverses Osteoporosis
- Improves Muscle Strength
- Enhances Energy, Mobility and Well-being
- Increases Bone Density and Balance
- Enhances Energy and Well-Being
- Offers an Opportunity for Socialization
- It's FUN and It's FREE!

About RSVP

Carroll County Retired & Senior Volunteer Program (RSVP)
The Retired & Senior Volunteer Program (RSVP) is the largest older adult volunteer program in the nation. Carroll County RSVP recruits, trains, and places older adult volunteers (age 55+) in a host of community-based human service agencies throughout Carroll County.

The North Conway Community Center is Carroll County RSVP's fiscal agent and handles various financial and administrative duties on behalf of RSVP.

About Our Volunteers

- Come from varied backgrounds and areas of expertise including but not limited to; retired CEOs, housewives, teachers, social workers, laborers and postal workers
- Use their past professional skills and current talents to support, assist and promote RSVP's mission and events
- Select volunteer opportunities that best suit their schedule/personal life
- Range in age from 55 to 95!



Our RSVP volunteers share their lifetime of talent, interests, and experience, and achieve results that make a real difference in the quality of life in our community. Many wonderful non-profit and public agencies are waiting to be matched with your time and talents.

We look forward to you becoming a part of our family of RSVP volunteers!