

## Healing Moves Series: Fall 2019

### *Yoga for Healthy Bones*

Tuesdays 1 pm – 2 pm in the Game Room

October 8<sup>th</sup> – 29<sup>th</sup>

Do you have osteoporosis or osteopenia?

In this 4-part series, you will learn about the physiology of these common conditions and how Yoga can help. Each class will begin with 15 minutes of discussion followed by 45 minutes of Yoga practice designed to build bone health (density and structure), improve balance and reduce the risk of fracture. Class will include poses on the mat or chair and standing. This is not a drop-in class. *Minimum enrollment: 5; maximum enrollment: 20*

*Fee: \$24 for members; \$32 for non-members*

### **About osteoporosis and osteopenia**

Osteoporosis (porous bones) is defined as a bone density of 2.5 standard deviation below that of the average young adult. Osteopenia is midpoint between healthy bones and osteoporosis. Osteoporosis affects approximately 44 million Americans and 200 million people worldwide. This equates to 50 percent of American women of all ages and 25 percent of men. The incidence of osteoporosis and osteopenia increase with age, particularly amongst women. Osteoporosis leads to a million fractures each year – primarily in the vertebrae and hips. Unfortunately, many people discover they have osteoporosis after fall and a fracture. The results of the fall are often devastating and life changing.

### **How Yoga can help**

Recent studies show that Yoga can strengthen bones and improve bone density.

- Yoga is low-impact and does not stress the bones.
- Yoga improves balance and prevent falls. Less falls, means less potential for broken bones.
- Yoga stretches all muscles, including those that support the joints. The action of working and stretching muscles against the bone helps promote bone growth. And stronger muscles puts less strain on joints.
- Yoga increases range of motion and brings synovial fluid to the moveable joints. Ease of movement with strength and balance reduce the chance of falling.

Instructor: Heidi Mair, Wellness Counselor, AWC (500 hours), and Yoga Teacher E-RYT (200 hours) with over 1000 hours of teaching experience & certified to teach Yoga to Seniors. Find out more about Yoga and healthy aging at Heidi's website <https://heidilynneyogaandwellness.wordpress.com/>.

