



RSVP POLK BUILDERS



Bone Builders is a low-impact chair exercise program for individuals 55+ years of age developed to build bone density and combat the effects of osteoporosis.

OSTEOPOROSIS

Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the deterioration of old bone. As bones lose their density the risk of fractures increases.

You can help slow the process of osteoporosis by increasing bone density through target exercise.



Bone Builder Class Schedule

www.polkfl.gov/about/volunteer

About Bone Builders

Low-impact weight training classes that meets twice a week for one-hour sessions, offering professionally designed exercises focused on building bone density and overall strength. Led by trained volunteers, the class welcomes participants aged 55 and older, providing a supportive environment where individuals can start at a comfortable pace and progress at their own speed.

Contact RSVP Polk if interested in becoming a Bone Builders class leader or starting a class in your area.

RSVP Polk

(863) 534-5249

RSVPPolk@polkfl.gov

**RSVP
POLK
BONE
BUILDERS**

