

New Workout For Women With Osteoporosis Or Bone Loss Designed To Help Build And Maintain Strong, Healthy Bones

(NAPSA)—If you've been diagnosed with osteoporosis or bone loss (osteopenia), then it's important to include physical activity in your plan to protect and improve your bone health. That's why osteoporosis advocate and actress, Sally Field, and fitness expert, Kathy Kaehler have teamed up to create *The Bone Healthy Workout*, a series of exercises designed to help improve strength, coordination, flexibility and balance.

The Bone Healthy Workout, which includes a video and a print version with detailed instructions on each exercise, is available at www.bonehealth.com. There is also the *Discussion Guide For You And Your Doctor* to help empower women to take the most important step—to have a discussion with their health care practitioner about osteoporosis, bone health and treatment options.

"Physical activity is especially important for women over the age of 50, when bone loss occurs more rapidly," Field said. "I urge women to visit www.bonehealth.com to view the workout and learn more about ways to protect their bone health. Exercise and diet are key parts of a bone healthy routine, but they may not be enough to treat bone loss, so be sure to talk to your doctor about what more you can be doing to protect your bones."

Kaehler customized the workout as an easy way for women who have postmenopausal osteoporosis or bone loss to stay on track with maintaining their bone health. It's also a great routine for all women interested in keeping their bones

Facts About Osteoporosis

- Osteoporosis (porous bones) is a disease in which bones become brittle and more likely to break.
- In the U.S. today, 10 million people—eight million of them women—are estimated to already have osteoporosis.
- Approximately 44 million Americans age 50 and older are threatened by osteoporosis.
- The foundation of a good physical activity program involves at least 30 minutes of physical activity every day for adults, including women with osteoporosis.
- Weight-bearing and strength-building exercises help maintain bone health, while balance-enhancing activities help to prevent falls.



healthier and stronger. Women should talk to their doctor before beginning this workout or any new physical activity program.

"I designed the workout to include a variety of exercises that are suitable for people of every fitness level. Women can watch the video with me as a 'virtual coach' or they can print the exercises and use them anywhere—home, work, the gym or on the road," Kaehler said.

The Bone Healthy Workout is part of the *Rally With Sally For Bone HealthSM* campaign, a program sponsored by Roche and Glaxo-SmithKline that helps women understand and actively manage osteoporosis and bone loss. Log on to www.bonehealth.com to learn more about *The Bone Healthy Workout*.

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