



# A Step Above

## Personal Training Concepts

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

~ Edward Stanley

### *Jinjer's Thoughts:*



## The Importance of Exercise for Those With Osteoporosis

Osteoporosis, a term meaning "porous bones," is a condition in which bones have lost minerals—especially calcium—making them weaker, more brittle and susceptible to fractures (broken bones). It's a skeletal disease that affects both male and female, at any age, with fractures occurring mostly in the back (spine), hips, and wrists, although no bone in the body is immune. Osteoporosis causes an estimated 1.5 million fractures each year.

According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), osteoporosis poses a public health threat to an estimated 44 million Americans ... 68% of whom are women. Furthermore, it's reported that 34 million people have been diagnosed with low bone mass (osteopenia) and approximately 10 million people ... 8 million women, 2 million men ... already have osteoporosis. It's also estimated that 1 out of every 2 women

(and 1 in 4 men), age 50 and over, will be affected by osteoporosis at some point during the remainder of their life. Understanding osteoporosis—including diagnosis and treatment—can play an important role in living well, day to day.

#### WHAT ARE THE SYMPTOMS OF OSTEOPENIA OR LOW BONE MASS?

Causes of osteoporosis may be hereditary and/or environmental. Interestingly enough, bone loss can occur with no obvious symptoms. Symptoms usually go unnoticed until development of skeletal fracture. Even though your bones may not feel any weaker, you may experience symptoms without realizing that they're associated with osteoporosis. For example, the following may be caused by osteoporosis: a loss of height, change in posture, or severe back pain. According to Osteoporosis Health Center, 2009, "Osteopenia refers to bone mineral density (BMD), that is lower than normal peak BMD but not low enough to be classified as osteoporosis." Bone mineral density is testing the strength and structural integrity of the bone. Consequently, people diagnosed with osteopenia are at risk for developing osteoporosis.

#### WHAT ARE THE RISK FACTORS FOR OSTEOPOROSIS?

As age increases, estrogen and testosterone levels, needed to help maintain a normal and healthy bone density, decrease. In general, bones reach their peak density by the age of 30. Therefore, it's logical to say that the more active one is in their younger years and the healthier they eat, their bones may become thicker and it might take longer to develop osteopenia or osteoporosis.

Due to a decrease in estrogen levels, loss of bone density speeds up in women after menopause. According to the National Council on Strength and Fitness (NCSF, 2003), rapid bone loss can be as great as 3% to 5% after menopause. Other factors related to osteoporosis might include low weight or Body Mass Index (BMI), a diet low in calcium and protein, a deficiency in vitamin D which promotes calcium absorption, inactivity, alcohol abuse, muscle weakness, smoking, or a family history of osteoporosis. It's also reported that osteoporosis may occur due to the presence of a medical condition such as gastrointestinal diseases, endocrine disorders, nutritional deficiencies and long-term use of glucocorticoid medications.

*Osteoporosis (continued)*

**WHAT CAN I DO TO PREVENT OSTEOPOROSIS?**

There are lifestyle changes you can make to help build bone density, such as eating a nutritious diet rich in calcium and vitamin D and adopting a regular exercise program. As you improve your bone health, you'll also improve your overall health.

No matter what your age, exercise helps promote good health. For those living with osteoporosis, resistance and low-impact exercises, moderate to regular weight-bearing exercises, and muscle-strengthening exercises can help maintain bone health and prevent further bone loss. According to the National Osteoporosis Foundation, "you should aim for 30 minutes of weight-bearing exercise on most days, and do

strengthening exercises on each major muscle group 2 to 3 times a week." Exercise can also reduce your risk of falling by improving balance, flexibility, and strength.

Before you start any exercise program, you should always talk with your doctor. If you have any type of medical issues, it's recommended that you exercise under the supervision of a qualified, certified personal trainer.

Beyond simply "eating healthy" and "working out," the following supplements are recommended: **Calcium** (50 and under, 1000 mg per day; 51 and older, 1200-1500 mg per day) and **Vitamin D** (50 and under, 400-800 IU per day; 51 and older, 800-1000 IU per day).



**prep time:** 25 min  
**start to finish:** 1 hr 50 min  
**makes:** 15 servings

**Streusel**

- 1 cup Bisquick Heart Smart® mix
- 1/2 cup packed brown sugar
- 1/4 cup no-trans-fat 65% vegetable oil spread stick
- 1/3 cup chopped walnuts

**Fruit Mixture**

- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup Bisquick Heart Smart® mix
- 3/4 cup granulated sugar
- 1 cup fat-free (skim) milk
- 2 tablespoons no-trans-fat 65% vegetable oil spread stick, melted
- 2 eggs, beaten
- 2 egg whites, beaten

1. Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In medium bowl, mix 1 cup Bisquick mix and the brown sugar. Cut in 1/4 cup vegetable oil spread, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Stir in walnuts; set aside.
2. In large bowl, mix apples, cinnamon and nutmeg; spoon into pan. In medium bowl, stir remaining ingredients until well blended. Pour mixture over apples. Sprinkle with streusel.
3. Bake 45 to 55 minutes or until knife inserted in center comes out clean and top is golden brown. Cool 30 minutes or until set before cutting into squares. Store in refrigerator.

**Nutritional Information**

1 Serving: Calories 200 (Calories from Fat 50); Total Fat 5g (Saturated Fat 1/2g, Trans Fat 0g); Cholesterol 30mg; Sodium 200mg; Total Carbohydrate 35g (Dietary Fiber 1g, Sugars 24g); Protein 3g. Percent Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 10%; Iron 4% Exchanges: 1 Starch; 1 1/2 Other Carbohydrate; 0 Vegetable; 1 Fat Carbohydrate Choices: 7

From: [eatbetteramerica.com](http://eatbetteramerica.com)

**REMINDER** Don't forget to come out and support the Crossroads Shelter **Benefit Concert**

Festivities In The Park Fundraiser  
Saturday, April 10th  
Elizabeth Brown Memorial Park  
12 noon to 6:30 p.m.  
**RAIN or SHINE**

Concert performances by:  
EDITH SHUMATE, COR 13,  
EPHRAIM VAUSE MEMORIAL STRING BAND,  
3-N-1 BAND, BREAKNDAYLIGHT, and  
ALL NATIONS CHURCH PRAISE & WORSHIP TEAM

**Free Admission**  
All proceeds go to the Crossroads Shelter.

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**GROUP EXERCISE CLASSES:**

**Boot Camp:**

Class Time 6:30-7:30 p.m.  
Tuesday & Thursday nights in Wytheville.

**Boot Camp:**

Class Time 6:30-7:30 p.m.  
Tuesday & Thursday nights at the Pentecostal Holiness Church on Parsonage Avenue in the town of Rural Retreat.

*A personal trainer is not a luxury.  
It's a preventative investment for optimal health and wellness.*

*A variety of personal training programs are also offered,  
please call for additional information.*