

Bones-N-Balance Presents:

**The B.O.N.E.S. SERIES**  
**SESSION FIVE**



**S** is for  
**Strength, Stamina & Self-Care**

**Creating a Solid Bone Health Practice**



**BLACK  
PHYSICIANS  
& HEALTHCARE  
NETWORK**



MONTGOMERY COUNTY  
**Recreation**



*natural rhythms*  
health and wellness

**African American  
Health Program**  
Aging Subcommittee

# Why Strength and Stamina Matter

- Strong bones reduce the risk of fractures and falls
- Stamina helps us stay active longer - **movement is medicine!**
- Bone and muscle work together - **strength training builds both**

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# Strengthening the Bones

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- **Weight-bearing activities:**  
Walking, dancing, stair climbing



- **Resistance movements:**  
Bodyweight squats, wall push-ups, bands

- **Nutrition support:**  
Protein, calcium, magnesium, Vitamin D & K



# Stamina – The Energy to Move More

**Cardiovascular fitness improves  
oxygen flow to the bones**

- **Activities:** Marching in place, low-impact aerobics, walking hills
- **Tea and herbs that support energy:**  
Ginseng, ginger, green tea

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# Strength + Stamina = Resilience

- Less pain and stiffness
- Greater mobility and independence
- Enhanced mental clarity and balance



# Self-Care: Build Your Solid Bone Practice

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- During waking hours, **every 30 minutes**, light activity like standing, stretching, or walking
- Add one strength-building move per day
- Keep a Bone Health Journal (track food, moves, feelings)



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# Conclusion



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