



Healthy Bones,  
Build Them for Life



## Osteoporosis Awareness and Prevention Month Exercise to Maximize Bone Health Webinar Series June 2022

An empowering aspect of Osteoporosis Awareness and Prevention Month was a weekly series of webinars with something for everyone – from younger kids to teens to adults and the elderly. Below are recordings of these energizing and empowering online events. Please feel free to share. Thank you!

### ***Walking/Running for Your Bone Health***

Physical activity has many benefits to your bone health, muscle strength, and overall health. This webinar addressed the importance of walking and/or running for bone health and provided updates on BHOFF's Be Bone Strong Team.

Presenter: Barbara Hannah Grufferman, Be Bone Strong Team Captain, BHOFF Trustee and Bone Health Ambassador

View the recording here: <https://vimeo.com/707893959>

### ***Mindful Movement for All Ages***

This webinar, hosted by fellow Support Group Leaders in Washington, DC, educated participants on “bone meditation” and included valuable information on how exercise can strengthen bones. Drs. Justine Bernard and Lisa Grimmer shared invaluable insight on how to incorporate GYROKINESIS® and Pilates into your routine.

Presenters:

Justine Bernard, PT, DPT

Physical Therapist, GYROTONIC® and GYROKINESIS® Exercise Master Trainer

Lisa Grimmer, PT, DPT

Physical Therapist, Certified Pilates Instructor, Certified GYROTONIC® Trainer

View the recording here: <https://vimeo.com/710891343>

### ***Bone Healthy Advice: Exercise, Nutrition, Mindfulness***

Kids and teens need to learn how to maximize their bone health with exercise, nutrition, and mindfulness. The webinar included exercise demonstrations with the goal of helping to prevent osteoporosis at the critical timeframe in life, and when it will have the greatest impact. This webinar is an excellent resource for parents and grandparents to share with their teens. These simple, fun tutorials can be downloaded onto a cellphone for easy practice anywhere.

Presenter: Penelope Wasserman, Founder of Million Dollar Bones and a managing consultant at Changing Tastes

View the recording here: <https://vimeo.com/712991063>

### ***De-Stressing in Nature for Bone Health***

When you first learn that you have osteoporosis, you may experience stress and anxiety. If this is the case, it's important that you try to manage these feelings and not allow osteoporosis to interfere with your regular activities. Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing. Webinar attendees learned lots of tips on how to de-stress in nature and the outdoors. Participants also engaged in a mindfulness-guided imagery exercise in a nature setting.

Presenter: Matthew Weinburke, DrPH, MPH, MCHES®, REHS

View the recording here: <https://vimeo.com/715685685>