

## Osteo-a-Gogo

Raise awareness and dance your way to good bone health! Create and share your own version of the Osteo-a-Gogo!! Choreographed by NYC Ballet Principal Dancer Tiler Peck, the Osteo-a-Gogo is a short, fun dance sure to inspire you – and those of all ages – to boogie for a good cause. Show us your moves!! And don't worry about getting it perfect. The most important thing is to get moving, so do it at your own pace with your own personal touch. And remember, if you're trying something new or have questions about doing certain movements, always talk to your healthcare provider first.

[Click here](#) for instructions.

[Click here](#) to view Tiler Peck do the Osteo-a-Gogo.

