

# meno&me

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## **Exercises to help with bone health and to prevent osteoporosis.**

The major site of osteoporosis are the hips, wrists and spine (upper and lower); these 4 exercises will target those areas. Also they will help with toning the muscles.

These simple exercises need to be performed 2/3 times per week; performed 12 times then repeated; So therefore 2 sets of each.

Stretch out the muscles used afterwards.

## **Press ups are great to load the wrists and are brilliant for toning the arms;**

1. These can be done against a wall, on the floor on your knees or toes
2. Make sure your arms are wider than your shoulders; you don't need to go down to far
3. When come back to start position be careful not to snap your elbows



### Seated back extension:

This is a great exercise for the lower spine, but also to help strengthen the core:

This can be performed on a upright chair or even a swiss ball.

Top tips:

1. Make sure the arms stay straight – you want to load the lower back not the arms (our arms are so used to taking over make so do pay attention to this)
2. Keep the spine in an upright, natural position, when you lean forward and back; your pivot point is your hips
3. When you are sitting upright; pull the tummy in tight and hold for 6 seconds if you find you are holding your breath count out loud for 6; as when we talk we breath automatically
4. When you lean forward try not to bend the spine; keep the back in the same position
5. If you do not feel it in the lower back, make sure you are sitting forward on the seat and that the band is not too long; so shorten it if you need to.



**Seated row: Great for upper back bone health and posture:**

1. Start with hands same height as belly button.
2. Pull band open
3. Keep the band open and slide band and elbows back so your shoulder blades slide together
4. You will feel it in your shoulders and arms but your target area is in between the shoulder blades
5. Again, hold of 6 seconds and be sure to breath!



**Seated adduction to work the hips: also, great to tone the bottom and outer thighs.**

1. Sit upright on the edge of the chair
2. Take the band underneath the knees and cross over on the top of the knees
3. Hold on to stop the band from loosening
4. Hold for 6 seconds, keeping the tension on and then slowly release
5. Make sure when holding for 6 seconds you pull your tummy in tight.

