



***Bone Builders*** exercise classes in Penobscot and Hancock counties, serves more than 100 people. Participants in the program can expect to increase their bone density, prevent the development of osteoporosis, and even reverse the effects of the disease. *Bone Builders* is a free exercise and educational program which is led by trained volunteer lay leaders. The classes include balance exercises and relevant discussions of nutrition, medicine, and life style, but the main focus is on weight training. Articles in the *New England Journal of Medicine*, the *Journal of the American Medical Association* report that elderly participants in weight training programs increased their bone density by an average of 1% over one year as compared to a 2.5% decrease in the control group. These remarkable results have motivated us to develop and deliver this program. The exercises stress the bones causing the body to grow new bone tissue. The exercises are also designed to improve balance and flexibility to prevent falls and fractures.