



12-Week Clinical Exercise Program for Women's Health

Offered by the Center for Health and Wellness at the RWJBarnabas Health Ambulatory Care Center

Next Cohort Starts October 2025

Benefits of Exercise for Women

There are numerous benefits of exercise for women in relation to bone health and osteoporosis. Exercise helps build and maintain bone density, reduces the risk of fractures, and improves muscle strength and balance. Exercise can also improve posture and reduce pain, enhancing the overall quality of life for women with osteoporosis.

The four main factors are:

- 1. Building and Maintaining Bone Density.** Weight-bearing exercises, like walking, jogging, dancing, and weightlifting, put stress on bones, stimulating them to become stronger and denser. This is crucial for women, as bone density naturally decreases with age, particularly after menopause which can increase the risk of osteoporosis.
- 2. Reducing Fracture Risk.** Stronger bones and improved balance significantly reduce the risk of falls and subsequent fractures. Core strength is key to improve balance and postural stability, further minimizing the risk of falls.
- 3. Improving Muscle Strength and Function.** Strength training not only strengthens bones but also builds muscle mass, which is essential for maintaining functional ability. Stronger muscles provide better support for bones, reducing the strain on them and potentially alleviating pain associated with osteoporosis.
- 4. Managing Osteoporosis Symptoms.** Exercise can help reduce bone loss, slow the progression of osteoporosis, and even improve bone density in some cases.

Please consult with a healthcare professional or exercise physiologist before starting any new exercise program, especially if you have osteoporosis or other health conditions.

To learn more about eligible programs and enrollment details, please call **973-322-7014**.

12-Week Clinical Prevention Program for Women's Health

This program is designed to help participants see a difference both mentally and physically and includes the following:

- Free pre-screening prior to enrollment
- 60-minute evaluation with body composition analysis
- Two small group coaching sessions per week (24 sessions over 12 weeks)
- Home exercise programming
- Free education and motivational tips