

2a

2b

**SUPER SIX—BEST BONE EXERCISES FOR BUSY DAYS**

For days when schedules won't budge, Peggy Anglin, P.T., physical therapist for Duke University's Osteoporosis Management Program, selected this streamlined routine to bolster all the bones most vulnerable to osteoporosis. Total time: about 25 minutes.

**1. Walking** to maintain hipbone and lower-spine density. Pound either pavement or treadmill briskly for 20 minutes. (See our July issue for tips on effective walking form.)

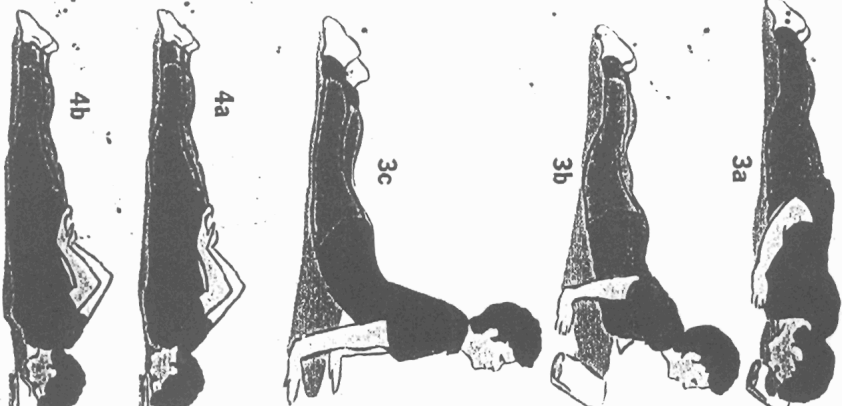
**2. Sitting push-up** to maintain wrist and forearm bone density. **(a)** Using a straight-back chair with arms, sit near the edge of the seat with your hands on the arms. **(b)** Lift the weight of your body as high as you can comfortably, by straightening your arms and pushing up. Your feet should stay on the floor. Be sure not to bend forward; keep normal spine alignment. Hold for count of 3 with arms straight, then slowly lower, keeping weight through your arms. Increase repetitions to 10.

**3. Modified push-up** to maintain wrist and forearm bone density. **(a)** Lie on belly with towel roll under forehead, hands at level of shoulders, palms down. Let arms and legs relax, then **(b)** push up with arms. **(c)** Straighten your elbows as much as you can with comfort, never forcing. Let belly sag and pelvis stay on mat. Hold for count of 3. Lower and relax. Increase repetitions to 10.

**4. Prone trunk lift** to strengthen back extensor muscles that support spine. **(a)** Lie on belly with towel roll under forehead. With hands clasped behind buttocks, **(b)** lift head and shoulders, pinching shoulder blades. Hold for count of 3. Relax. Increase repetitions to 10.

*Exercises continue on page 60*

ILLUSTRATIONS BY DALE GLASGOW ASSOCIATES



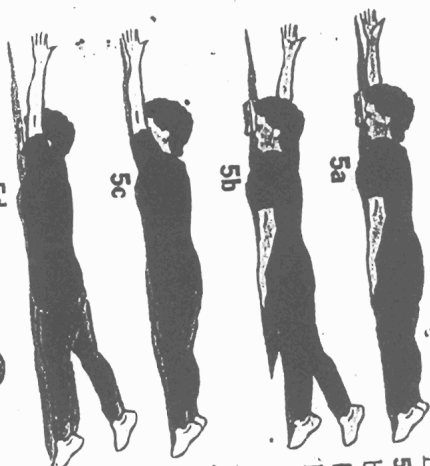
3a

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3c

4a

4b



5a

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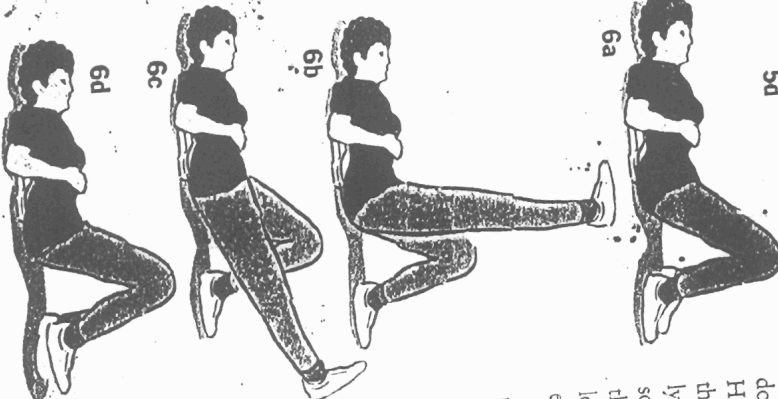
5d

*Exercises continued from page 58*

**5. Arm and opposite-leg lift** to strengthen back extensor muscles that support spine. **(a)** Lie on belly with towel roll under forehead, one arm overhead with elbow straight. **(b)** Lift the arm, leading with thumb. At same time, lift opposite leg from the hip. Be careful to avoid lifting so high that body twists. Hold for count of 3. Relax. Increase repetitions to 10. **(c, d)** Repeat with other arm and leg.

**6. Single leg lowering with pelvic tilt** to strengthen abdominal muscles that support spine. **(a)** Lie on your back with knees bent and towel roll under the lower back. Press your back into the towel roll, using the abdominal muscles. (This is the pelvic tilt.) **(b)** Hold the tilt as you straighten one leg up in the air. **(c)** Maintain the pelvic tilt while slowly lowering your straight leg. Stop lowering as soon as you feel you may lose the tilt! **(d)** Bend the leg and put foot back on the floor. Now let go of the pelvic tilt and relax. Increase repetitions to 10. Repeat with other leg.

Though the Super Six will safely bolster both low- and high-density bones, Sydney Bonnick, M.D., director of osteoporosis services at Cooper Clinic Aerobics Center, Dallas, advises women whose bones are above the fracture threshold that research shows they may gain more bone-building effect from exercise that combines weight-bearing with greater impact-loading. For example, walking is a classic weight-bearing exercise to strengthen hips and lower back. But jogging, which subjects bones to many times the impact of walking, may stimulate them even more, some studies show. Other examples of weight-bearing, impact-loading exercise: volleyball, tennis, basketball and some aerobic dancing.



6a

6b

6c

6d