

PRIME POST

July 2026

Maintianing Bone Health:

As we age, maintaining strong bones becomes increasingly important. Healthy bones help us stay active, independent, and less vulnerable to fractures.

Bones are living tissue that continuously rebuilds throughout life. However, after age 50, bone loss often occurs faster than bone formation. This can lead to reduced bone density and an increased risk of osteoporosis—a condition that makes bones weak and more likely to break.

The good news is that there are many steps you can take to support bone health. Regular physical activity helps maintain bone density. Aim for at least 150 minutes of moderate activity each week. Some activities to try are:

- Walking
- Strength training using weights or bands
- Dancing
- Tai Chi
- Stair climbing

Incorporating small daily habits such as eating nutrient-rich foods, staying active, and improving balance can also make a meaningful difference in maintaining your strength, independence, and quality of life.

Stay active, stay strong, and take care of your bones!

Featured Class: Strong Bones

Tuesday & Thursday

9:45am - 10:15am

Strong bones is a 30-minute class taught by your wellness coordinators specifically designed to support bone health.

This class combines impact, resistance training and balance activities to improve bone density while also improving the range of motion of major joints which can aid in reducing the risk of falls as well as reducing the risk of fracture caused by a fall.

We look forward to seeing you in class!

UPDATES:

Tai Chi Break:

George will be on summer break for the month of July.

Class will resume in August.

Holiday:

In observation of Independence Day there will be **no group fitness classes on July 3**

*For more information contact Wellness Coordinators Heather and Esther.
(503) 375-5905 or find us in the Prime Fitness office M-F 8am-4pm*