



Buff Bones® is an entire movement system for bone and joint health.



Who is it for?

Adults 40+, anyone interested in maintaining healthy bones.

AND

It's safe for anyone with Osteoporosis and Osteopenia.

What does it involve?

- Functional movement
- Strength training
- Bone-loading techniques

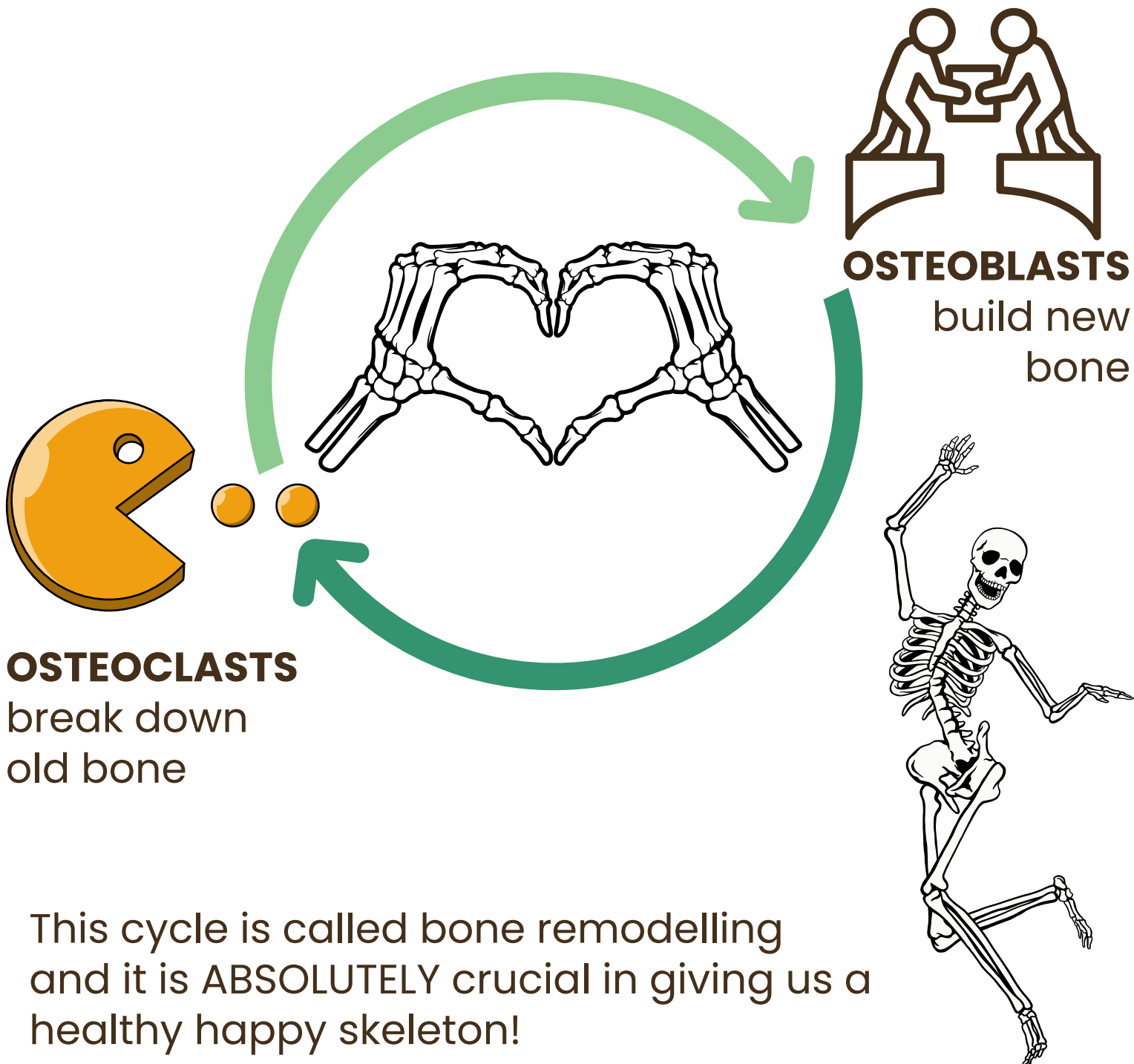
**Make changes now and
bank for better bone health later!**

Bone Health & Aging

- Bone is living tissue — it constantly renews to stay healthy
- Bone strength = mass of bone tissue you have (density) + how healthy/strong that tissue is.

Both **bone density** and **strength** naturally change as we age.

THE BONE RENEWAL CYCLE



Life Stages



- **Childhood & Teens**

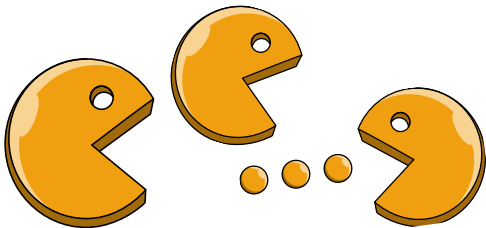
- Rapid bone growth; skeleton renews every ~2 years.
- Bones stop lengthening around ages 16–18, but density keeps increasing until late 20s.

- **Young Adults (up to ~35)**

- Bone removal and formation are balanced — density remains stable.

- **Midlife & Older (late 30s onward)**

- More bone is removed than rebuilt.
- Bone tissue decreases, inner structure thins — bones become more fragile.



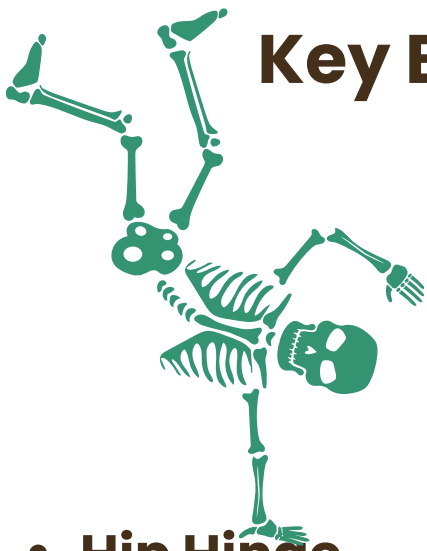
More **OSTEOCLASTS** than **OSTEOBLASTS**

as we age means...

- Bone density decreases over time
- Bone tissue strength also declines naturally
- Increased risk of osteoporosis and fractures



IS ONE OF THE THINGS
THAT CAN HELP



Key Buff Bones® Exercises



- **Hip Hinge**
- Learn to bend at the hips while keeping your spine long — protects your back and strengthens glutes and hamstrings for safe lifting and bending in daily life.
- **Getting Up & Down from the Floor**
- Essential for independence and reducing fall risk.
- **Ab Prep**
- A controlled way to wake up the deep abdominal muscles, providing motor control patterns (ribs connected, pelvis neutral, deep core engaged) that is then carried into standing, balance and weight-bearing exercises.
- **Standing Balance Work**
- Balance challenges to improve stability and coordination.
- **Excercises promoting Scapulohumeral rhythem**
- Achieving and maintaining good scapulohumeral rhythm protects the shoulder, improves strength and mobility, and keeps everyday and exercise movements safe and effective.

Beginner Fundamentals To Remember

- **Posture First:** Always align your head, ribs, and pelvis before moving. Think tall and long.
- **Breathe:** Use controlled breathing to support the spine and help with muscle engagement.
- **Move with Control:** Avoid jerky or fast movements —smooth, steady motions protect joints and bones.
- **No Pain, Only Challenge:** You should feel muscles working, not sharp pain or strain. If something hurts, stop.
- **Use Support When Needed:** Balance exercises can be done near a wall or chair for safety.
- **Consistency Counts:** Benefits come from regular practice – aim for 2–3 sessions per week to notice a real change



Other Ways To Support Your Body In Your Bone Health Journey

Bone health thrives when you combine safe movement, good nutrition and lifestyle support.

Buff Bones® is a great piece of that puzzle, but not the only one.



Nutrition for Bone Health

Key nutrients for bone formation and maintenance include:

- Calcium (dairy, leafy greens, fortified plant milks, tofu)
- Vitamin D (fatty fish, supplements if needed) also helps calcium absorption
- Protein (essential for bone matrix — meat, beans, nuts, eggs)
- Magnesium, vitamin K, zinc — found in a varied diet with whole grains, nuts, seeds and vegetables.
- Avoid excessive alcohol, caffeine and fizzy drinks, which can affect calcium balance.

Lifestyle Choices

- Don't smoke — smoking accelerates bone loss
- Moderate alcohol intake — heavy drinking weakens bones
- Maintain a healthy body weight — being underweight or losing weight rapidly can reduce bone density



Medical Support

- Get bone density scans (DEXA) as recommended
- If you have osteopenia or osteoporosis, ask your doctor about medications or supplements
- Review other medications with your healthcare provider — some can affect bone health



Rest & Hormone Health

- Adequate sleep and hormone balance (especially estrogen and testosterone) play a role in maintaining bone mass