

Bone BOOST

**(Balance and Other Opportunities for Stability Training)
Integrated Falls and Bone Health Service**

This leaflet explains more about the Bone BOOST exercise class. If you have any further questions, please speak to a member of the Integrated Falls and Bone Health Team on 020 8812 4079.

What is The Bone BOOST class?

This is an exercise class for people to help strengthen their bones.

This class can help to:

- Support you to manage your own bone health.
- Introduce you to exercises which help bone health
- Help you to continue with an active lifestyle after you have completed all the Bone BOOST exercise sessions.

What does the class involve?

- The exercise sessions are held once a week for eight weeks. They last one hour and are run by physiotherapists and exercise professionals.
- The class includes education about managing your bone health.
- When starting any new exercise it is normal that you may feel some muscle and joint soreness after the class. Please call us if you are concerned or have any questions.

Who can attend / receive the service?

These classes are for people who have been referred by a physiotherapist within the Integrated Falls and Bone Health service.

Where do I need to go?

Along with this leaflet is an invitation letter to the class with details of where and when to go.

Does it cost anything?

There are no costs for these classes.

What do I need to think about when attending the class?

- Wear clothes that are easy to move in
- Wear suitable supportive footwear.
- Please come to the class without having skipped a meal.
- Bring water with you and drink plenty of water before during and after class.
- Bring your inhaler or GTN spray if needed.
- If diabetic please bring a snack.
- Let us know if you have any new medical problems, injuries or concerns before the start of each class.
- Please wear your hearing aid if you have one.
- Let us know if you feel you are not exercising at a level that is right for you.

Useful sources of information

National Osteoporosis Society

<http://www.nos.org.uk/Exercise>

Chartered Society of Physiotherapy

<http://www.csp.org.uk/your-health/conditions/osteoporosis>

Contact us

If you have any questions or concerns about The Bone BOOST class or are unable to attend, please contact our team on 020 8812 4079 (Monday to Friday, 8.30am to 5pm). Out of hours, please contact us and leave a message.

Classes will only be cancelled by us in the event of unexpected staff absence or adverse weather conditions. We will endeavour to inform you of any cancellations promptly.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit

www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111



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