

Welcome to the Osteobusters Program



The Health Challenge:

Osteoporosis is a bone disease characterized by porous or brittle bones. Aging and inactivity can lead to a loss of muscle strength, which contributes to bone loss and increases the risk of falls and fractures.

Our Program:

Osteobusters is built on an evidence-based exercise and education program developed by scientists at Tufts University in Boston, MA. Their research showed that progressive strength training can increase muscle mass, reduce the risk of osteoporosis, and help prevent further bone loss. For over 30 years, the Osteobusters program has helped seniors improve strength, balance, and flexibility—key components in fall prevention. Participants also benefit from enhanced social connections and a more positive attitude toward exercise.

Our Sponsors:

Osteobusters is supported by AmeriCorps Seniors RSVP, Tri County United Way, and local sponsors. AmeriCorps is the federal agency for national service and volunteerism. Through the RSVP program, Americans aged 55 and older are working to make a difference in communities across the country. The RSVP Coordinator oversees both the Osteobusters and the Medical Transportation programs.

Easy to Join. No Cost to You! You are ready when:

You have submitted both an Informed Consent Form and a Medical Release Form. You have also been provided a File for Life record (red folder), which should be completed and with you at every class.

Note: Your Medical Release Form must be updated annually or whenever there is a change in your health status. In such cases, a new form signed by your physician is required.

Apparel, Safety, and Hydration:

Wear comfortable clothing and minimal jewelry. Dress in layers for your comfort. Closed-toe and closed-heel shoes, preferably sneakers, are required for safety. Please bring a container of water so you can take sips of water during class.

Attendance:

Attendance is recorded at each site and helps us gather data to support future funding. When you are a member, you may attend other Osteobuster sites (except for the Queensbury location). If visiting a different site, you must provide a copy of your current Medical Release Form to the leader on duty.

Our Leaders:

Osteobusters leaders are trained annually by a certified exercise physiologist. They are required to follow a manual. Leaders are not permitted to give medical advice or suggest changes to your weights or repetitions. You are responsible for selecting your own equipment from what is provided on-site. The equipment must remain at the site. You are welcome to bring your own equipment if you prefer. The exercise physiologist updates the training manual, provides educational materials, and conducts annual site visits. She also renews her certification every three years and receives additional training each year from a licensed physical therapist.

A Program with National Roots:

Osteobusters is one of many programs in the United States inspired by research from Tufts University. The National Osteoporosis Foundation refers to similar programs as Healthy Bones for Life.

Questions?

Please direct any questions to your class leaders, the RSVP Coordinator at 518-743-9158, or the exercise physiologist.

