

Jumping for Stronger Bones

Improve Bone Mineral Density (BMD)
Especially for Postmenopausal Women

How Often



3 times per week
(e.g, Monday, Wednesday, Friday)

How Long



10 minute sessions

How Many Weeks



12–16 weeks
of consistent jumping




Exercises

Multidirectional stress on your skeleton:

- Jumping chin-ups
- Squat jumps
- Sumo squat jumps
- Speed skater
- Drop landings
- Skipping
- Jumping jacks
- Side hops
- Depth jump
- Bounding

• Side to side exercises (e.g. pickle ball, tennis, squash, racquetball)

Important Notes

-  Consistency is key BMD improvement
-  Stop if you feel pain or dizziness
-  Consult your healthcare provider if you have joint or bone issues

