



# STRENGTH TRAINING

## Build Bone Health Through Strength Training



**Joe and Joseph Horning**

### Strength Training For Bone Health\*

*By Joseph Horning and Dr. Foster*

All of us need strength training to keep our body and bones healthy. Aging and testosterone decrease can be counteracted with even a moderate amount of strength training. I met Joe and son Joseph at the gym. They are following a family tradition of father-son workouts.

Joe has a life time of experience and advice. Light weights or your own body weight can be used to reduce the effects of cancer and/or cancer treatment. We have recommended

a few basic and gentle movements that can be done at home in order to maintain and promote muscle and bone strength. Begin carefully as to avoid causing any unnecessary injury. As you build up strength you can slowly increase the intensity of your workouts being sure not to overwork yourself.

These exercises also fire up your metabolism



#### Push-Ups

As simple as they sound, push-ups do a lot for your upper body strength. Starting on the ground, bed, chair, counter, or wherever is comfortable and sturdy; place your hands shoulder width apart and your knees on the ground. Slowly lower your body to the floor and then push yourself up again. Do this 12 times, or as close to 12 as possible, then stop. Repeat this movement two more times for a total of three sets. If the movement is too easy use your feet to support your lower body instead of your knees.



#### Tricep-Dips

This move requires a chair, or any secure surface about two feet off the ground, with plenty of room around it. Place your hands behind you on the chair and your feet out in front of you. Once you've supported your body, slowly lower yourself by bending your elbows. Go only as low as is comfortable on your joints. Then simply raise yourself back up to complete the dip. Just like before; do this 12 times for a complete set and perform 3 full sets for a complete workout.



#### Calf-Raises

Now let's include some leg movements. It's recommended to have a kitchen counter, or some ledge to help keep you balanced. Standing one foot at a time, or both if you prefer, slowly stand up on the tips of your toes. Then lower back on to your heels. To get more of a stretch stand on a phone book, or something of similar size, letting your heel hang off the edge.

*\*Doctor's approval advised*

Areas of awareness to develop are:

**Strength, Balance, Agility, Flexibility, and Cardiovascular.**

We are in the fund-raising stage of developing a series of strength training videos specifically for prostate cancer patients. If you wish to contribute to this project please contact us at 310-743-2116