The Bone Estrogen Strength Training (BEST) study, funded by the National Institute of Health, identified the six exercises that are the most effective for preventing osteoporosis and improving bone mineral density in postmenopausal women. Authors include researchers from the University of Arizona College of Public Health and the College of Agriculture and Life Sciences: Timothy Lohman, Scott Goring, Linda Houtkooper, Lauve Metcalfe, Terri Antoniotti-Guido and Vanessa A. Stanford. The book features the six exercises, training protocols, and specific programming and motivational strategies to help women adhere to a lifetime of exercise for bone health. Geared toward the health professional, the text discusses general information on osteoporosis; osteoporosis screening measures; the relationship between exercise and osteoporosis prevention; the BEST exercises; the BEST intervention and support program; nutrition and bone health; and medical intervention for osteoporosis. The book costs $37.

These publications can be obtained through CALSmart online: cals.arizona.edu/calsmart.