The 'HEALTHY BONES' *program*

For the prevention and Treatment of Osteoporosis

Did you KNOW?

- Osteoporosis will effect 2 out of 3 women and 1 out of 3 men, as they get older.
- In Australia more than 138 osteoporotic fractures occur EVERY DAY.
- The effects of Osteoporosis are more deadly to women than all female cancers combined.
- Up to 20% of people who experience a hip fracture will die and more than half will never be able to walk unaided again, or remain in their own homes.

What Causes Osteoporosis?

There are many causes and risk factors for osteoporosis. Some major risk factors include family history, inadequate calcium in our diet, smoking, early menopause, excessive alcohol and caffeine, and a lack of adequate exercise.

What is Osteoporosis?

Osteoporosis is a thinning of the bones, which become more fragile and likely to break.

Why is exercise so important?

Exercise can slow bone mineral loss, reduce bone stress by improving posture, and increasing general fitness and balance to help reduce the risk of fracture caused by falls.

How can you prevent and treat Osteoporosis?

You can help prevent osteoporosis by keeping your bones strong. That means, among other things, exercising, consuming adequate calcium and Vitamin D and not smoking. For women during and after menopause, considering supplemental estrogen through hormone replacement therapy.

What is the Healthy Bones Program?

The Healthy Bones Program is a ONE MONTH Osteoporosis treatment and prevention program that can be undertaken at a fitness centre or as a home based program.

This exercise program provides the following benefits:

- *A detailed assessment to evaluate any injuries or limitations that need to be considered in the design of the program.*
- *3 one-on-one physical training sessions with your health professional*
- *A comprehensive, written exercise program including resistance training, cardiovascular fitness and balance activities.*
- *A full report sent to your doctor or specialist outlining your treatment plan and exercise program.*