

OSTEOPOROSIS & EXERCISE

WHAT CAUSES OSTEOPOROSIS?

Heredity and ageing are the primary causes of osteoporosis. Gradual bone loss begins around early middle age. The rate of loss accelerates for women at menopause.

Other factors that increase risk:

- Physical inactivity
- Inadequate calcium and vitamin D
- Smoking
- Alcohol consumption
- Chronic corticosteroid use

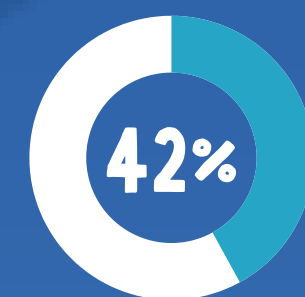
HOW DOES EXERCISE HELP?

When a person becomes active or increases their level of activity, the bones modify their shape and/or size in order to withstand the new loads. Once a bone has adapted to an activity, however, it ceases to change, therefore increasing exercise intensity and/or changing activities is necessary to continue to stimulate positive bone adaption.

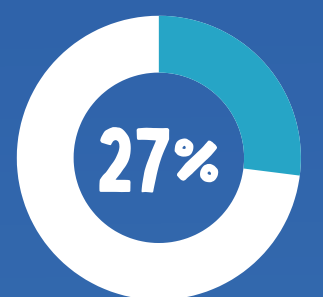
FIFTY
50 



Osteoporosis is a condition of low bone mass that leads to an increased risk of fracture. The spine, wrist, hip, humerus and ribs are the most common fracture sites, however any bone can be affected.



MEN



WOMEN

WILL EXPERIENCE A BONE FRACTURE AFTER THE AGE OF 50

HOW CAN CLUB ACTIVE HELP?

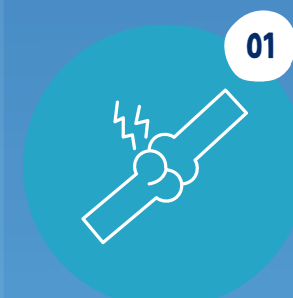
Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists. **We offer a 6-week exercise program designed specifically to work with you on enhancing your bone strength.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

HEALTHY BONES PROGRAM

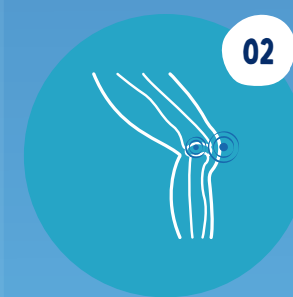
Healthy Bones is a 6-week exercise program facilitated by Club Active accredited exercise physiologists and dietitians, designed to improve bone density & strength.

Enquire now to find out more.

EXERCISE PRESCRIPTION:



RESISTANCE TRAINING



WEIGHT-BEARING
IMPACT LOADING



BALANCE TRAINING