

HEALTHY BONES PROGRAM

WHAT IS THE 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.

The program includes:

- 2 one-on-one Exercise Physiology assessments,
- 2 one-on-one Dietitian consultations,
- 12 group Exercise Physiology prescription classes designed to strengthen your bones.

2 OUT OF 3 AUSTRALIAN ADULTS OVER 50

ARE AFFECTED BY OSTEOPOROSIS & OSTEOPENIA

WHAT IS OSTEOPOROSIS?

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, but any bone can be affected.



HOW DOES THIS PROGRAM HELP?

During physical activity, your 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.



HOW TO BOOK IN!

For bookings, contact your local Club Active facility. Visit our website for contact information. Alternatively, please enquire via email: info@clubactive.com.au

Healthcare rebates are available for eligible clients to reduce program costs.

FIFTY
50 by 

JOIN US!

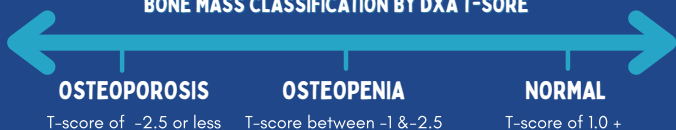


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THE T-SCORE

The T-score is used to describe a person as having 'normal', 'osteopenic' or 'osteoporotic' bone. While risk of fracture is greatest in those with lowest bone mass, the majority of fractures actually occur in osteopenia simply because it is more common than osteoporosis.

BONE MASS CLASSIFICATION BY DXA T-SCORE



HOW DOES EXERCISE HELP?

Bone has a remarkable ability to adapt in response to changes in loading in order to protect it from damage. When a bone has changed its size/shape to the extent that the same movements or weight no longer invokes the same degree of bending, the bone ceases to strengthen. This is why a structured exercise program is an important strategy to ensure that enough modifications are made to ensure positive impacts on your bones.

WHAT EXERCISE SHOULD I BE DOING?



01

WEIGHT-BEARING IMPACT LOADING

Exercises that work against gravity to stimulate bone. Bones become stronger due to the weight of your body pressing against them.



02

RESISTANCE TRAINING

Moves that emphasise power and balance through the use of added weights to enhance strength and stability.



03

BALANCE TRAINING

Exercises that strengthen the muscles that keep you upright such as your legs and core which helps to improve stability and assist in falls prevention.

