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FITNESS UPDATE

with **RACHEL LEMAN**
FROM MISS MOTIVATOR

BONE DENSITY



“We’re not just talking about going for a leisurely stroll here. To really stimulate bone growth, you need weight-bearing and resistance exercises.”

Onero™ has been shown to increase bone mass, improve posture, and decrease falls in clinic patients. It includes heavy weight lifting, which has additional bone health benefits. And don't worry, we won't just toss you into the

deep end. Appropriate, qualified supervision is crucial for this type of exercise, and we'll make sure you're thoroughly pre-screened before starting the program.

Welcome to the May edition of the Fitness Update! This month, we're tackling a topic that might not seem exciting at first, but it's actually crucial for your long-term health - bone density.

Now, we know what you're thinking:- "Bone density? Yawn." But trust me, it's not as boring as it sounds. In fact, it's pretty fascinating stuff. So, let's dive in!

First off, did you know that women are particularly at risk for low bone density? Blame it on those pesky hormonal changes that come with menopause, which can lead to bone loss. But fear not! There are things you can do to protect your bones.

For starters, make sure you're getting enough calcium and vitamin D. These nutrients are essential for strong bones, and a lack of them can increase your risk of low bone density. So, load up on those leafy greens, dairy products, and other calcium-rich foods and don't forget to soak up some sunshine (with sunscreen, of course) to boost your vitamin D levels. Whilst it's never too late to incorporate these things, it is best to start at a young age.

Of course diet isn't the only factor. Regular exercise is also key. We're not just talking about going for a leisurely stroll here. To really

stimulate bone growth, you need weight-bearing and resistance exercises. And sorry, couch potatoes, a sedentary lifestyle can contribute to bone loss over time. So get moving!

I know that starting a new exercise program can be intimidating, especially if you're worried about your bone density.

But fear not! Miss Motivator and Empower Physio for Women are here to help. We're excited to introduce Onero™, a new exercise program specifically designed for those with low bone density.

Onero™ is an evidence-based exercise program developed from the LIFTMOR study, conducted at Griffith University under the supervision of Professor Belinda Beck, and recently published in the Journal of Bone Mineral Research (2018). Results show that 86% of patients increased bone mass at the lumbar spine and 69% of patients increased bone mass at the hip.

Whilst Onero™ is designed to improve osteopenia and osteoporosis, consultation with your health professional is required to explore your personal options before undertaking this programme. Based on the latest research,



We are launching Onero™ at Miss Motivator during May, to find out more about Onero™ to book your pre assessment call **0483 831 046** or email **admin@epfw.com.au**