

# STRONG TO THE BONE

uses resistive exercise to help strengthen your bones and increase your bone density which can relieve pain and slow down bone loss.

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# STRONG TO THE BONE

For Bone & Muscle Strength



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STRONG TO THE BONE is an evidence based group exercise intervention delivered by an experienced Exercise Physiologist that focuses on four key areas that help improve your bone and muscle strength, including:

## BALANCE

Reduce the risk of falling by improving your movement awareness and coordination.

## STRENGTH

A variety of weight bearing exercises will help to improve bone and muscle strength. We teach you safe and effective lifting techniques, reducing the risk of injury.

## STABILITY

Improve your joint stability, core strength and movement capacity.

## MOBILITY

Safe and effective stretches to improve posture and reduce pain related to muscle tension.

## STRONG TO THE BONE can help you fight OSTEOPOROSIS.

In Australia:

- 1 in 3 women are affected by the disease
- 1 in 2 women over 60 years who suffer from osteoporosis will fracture a bone
- Osteoporosis is one of the most common causes for women over 45 years being admitted to hospital

Like our muscles, bones are living and growing tissue. STRONG TO THE BONE uses resistive exercise to help strengthen your bones and increase your bone density which can relieve pain and slow down bone loss.



## WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease that reduces the density and quality of bone causing a weakness of the skeleton and an increased risk of fracture.