



OSTEOPOROSIS & EXERCISE

What is Osteoporosis?

"A skeletal disorder characterised by loss and bone strength and density predisposing to an increase risk of fracture."





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What can Exercise do for you?

Bone Health

Enhance bone health and reduce fracture risk.

Exercise for Bone Health

- Impact Loading Exercise
- High Intensity Resistance Training

Exercise for Muscle Strength

- Resistance Training
- Core/Spinal Strength

Exercise for Falls Prevention

- Challenging Balance
- Dual-task Motor Cognitive Exercises
- Stepping Exercises
- Reaction Time
- Coordination
- Agility

Muscle Strength

Improve muscle strength and function which is a key risk factor for falls and fracture.

Falls Prevention

Optimise functional capacity and prevent falls.



Exercise Physiologists are experts in the field of exercise. We work with clients at all stages - low, moderate and high risk - we have the knowledge and skills to adapt and modify exercise.