

Osteoporosis (literally “porous bones”) is a medical condition which affects over 28 million Americans. As we age, bones which were once strong can become fragile and weak leading to a myriad of problems such as back pain, height loss, breathing problems and easily fractured or broken bones.

According to studies conducted by the Mayo Clinic, women are much more susceptible to osteoporosis than men. In fact, during their lifetime, women can lose up to 47% of their bone density,



Combating Osteoporosis with exercise

—by *Gina Berta, Co-owner, Breathe Fitness Studio*

whereas men will only lose roughly 14%. However, the good news is that osteoporosis is NOT an inevitable result of aging. In fact, research indicates that with proper diet and exercise, osteoporosis can be a completely avoidable condition!*

Exercise should be encouraged for its cardiovascular benefits alone, but weight-bearing exercise in particular can help markedly reduce the risk of osteoporosis by maximizing bone mass in the young adult, helping to maintain bone mass in the mature adult and slowing the loss of bone mineral density already affecting the postmenopausal woman. Simply put, bones become stronger in response to increased stress and resistance. The density of the bone and its corresponding strength are directly related to resistance and weight-bearing forces. Non-traditional exercises like Pilates and Yoga also serve to strengthen bone by challenging the musculoskeletal and neuromuscular systems with a variety of atypical movements.

Breathe Fitness Studio in Mountainside can assist you in developing an exercise regimen designed to prevent or combat the effects of osteoporosis. Breathe Fitness is not a gym but a private, by-appointment only, personal training and group fitness studio. Breathe utilizes the most cutting-edge equipment known in the industry in a comfortable, upscale environment. Our staff possesses decades of multi-faceted experience and can customize exercise programs suited to your individual needs.

For more information, contact Gina Berta at 908-301-0123 or visit our website at www.BreatheFitnessStudio.com.

*Osteoporosis Exercise Protocols Awareness & Prevention of Osteoporosis using THEMETHOD Pilates—Joan Breibart, Institute President