



CBRC Health & Fitness

OSTEOPOROSIS

People with osteoporosis or osteopenia (low bone mass) can reduce their risk of falls and fractures through the right kinds of physical activity. Research is ongoing to determine the best exercise plan for healthy bones. Currently, experts recommend weight-bearing activity (while on your feet) and strength training to help your bones become stronger and help prevent falls. This program has you covered!

Osteoporosis Programs Available:

One-on-one training 2 x week 30-minute sessions in
3, 6, or 12-month programs.

Cost: \$36-\$43 per session depending on program length.

Living Stronger Group Training in 3, 6, or 12-month programs.

Cost: \$7-\$8 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in
Movement Health and Movement Function. Get started today!

CONTACT US

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