

# Prevent Osteoporosis with Strength Training

By Nicki Casale

We've all heard the saying "use it or lose it." This is especially true when it comes to the density of our bones. Bones are vital, living tissues that constantly renew and rebuild. As we age, our bodies may need assistance in repairing and regenerating new bone tissue.

**When bone density decreases, a condition called Osteoporosis occurs.** This condition causes the bones to become brittle and fracture more easily. Decreased bone density leads to a million and a half fractures annually, mostly of the hip, spine and wrist, although any bone can be affected. Hip fractures, which occur about twice as often in women as in men, are more serious than most people realize since it can lead to highly debilitating situations.

**Osteoporosis has been considered just a part of the aging process** but it's not only the elderly who are at risk. Postmenopausal women are especially at risk due to the decline of estrogen production. Younger women and men are also at risk due to sedentary lifestyles and unhealthy eating habits.

**It is estimated that over 50% of the female population** over the age of 50 and one in every eight men will eventually be diagnosed with osteoporosis.

**The number of people being diagnosed with Osteoporosis has reached epidemic proportions.** It is the most common bone disorder encountered in clinical practice, according to a report by Mayo Clinic researchers.

**The most common treatment for osteoporosis is drug therapy** to increase bone density. However, those drugs are not without side effects.

**As an alternative to drugs, research has shown that you can reduce your risk of osteoporosis by incorporating strength training exercise** into your lifestyle. Strength training applies stress to the bones forcing them to adapt, grow and become stronger. As the bones become stronger, you will acquire other benefits such as better balance, coordination and improved muscular strength allowing you to maintain your independence and age gracefully.

**For some, strength training can be scary and intimidating.** Not knowing what to do or how to do it may prevent you from even starting. But, there is a specialized form of strength training that was specifically designed with osteoporosis and seniors in mind. It is called Slow-Motion Strength Training.

**Slow-Motion strength training is one of the safest and most effective methods** of building bone density and muscular strength. It was developed in the 1980's during a five-year research study on osteoporosis.

**The exercises are performed on specialized, state-of-the-art equipment** using extremely slow and very precise movements. Using movements that are very slow and controlled will ensure that you will get the best possible results but, more importantly, it keeps the exercise safe.

**Each exercise session is conducted one-on-one with a certified instructor.** Your instructor will guide and encourage you through your entire session. Sessions

lasts approximately twenty-five minutes and only two sessions a week are needed to attain optimal results.

**It may sound too good to be true but it's just a sensible, scientific approach** to exercise. So remember, you can maintain or regain your bone density and your quality of life.

Just add a little Slow-Motion Strength Training to your lifestyle and you'll be on your way to a healthier, happier, and stronger you!

To learn more about slow-motion strength training including a Q&A, please visit my website [www.DynamicStrengthExercise.com](http://www.DynamicStrengthExercise.com). For a complimentary sample session, please schedule an appointment by calling 630-627-1120.



Helen Schell, 79, has gained incredible muscular strength since beginning her training at Dynamic Strength (check out the muscles in her arm!)



Nicki Casale, owner of Dynamic Strength in Oakbrook Terrace, Illinois, is a personal fitness trainer with over 16 years experience in fitness and nutrition. Dynamic Strength is committed to providing clients personalized attention with the highest level of compassion. Sessions are sold in packages and there are no membership fees. As each client receives individualized attention, sessions are by appointment only.

## Dynamic Strength

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