



“ Before I started Osteofit, I could barely walk. Now I walk every day. Our instructor keeps the class light and fun and looks at our individual needs. I won't miss it unless something very urgent comes up.”

Colleen Williamson
Sandpointe Adult Community, Kelowna

“ My confidence level has increased and my overall well-being has improved. To continue was a no-brainer and the quality of the instruction just made the decision easy.”

Jean Henderson
Ladner Leisure Centre, Delta

What is Osteoporosis?

Osteoporosis is a condition of decreased bone strength which increases the risk of bones breaking.

Osteoporosis affects 1 in 3 women and 1 in 5 men over 50.

Healthy lifestyle choices, good nutrition, and regular exercise can help reduce the negative impact of osteoporosis on your quality of life.



Osteofit helps you get stronger, feel better, and make new friends.

The Osteofit Program

Osteofit 1 – 12 to 20 sessions of an introduction to exercise for people who have not been participating in a regular exercise program.

Osteofit for Life – An ongoing program for people who have been exercising and have an active lifestyle.

Call 604-875-2555 for more information about Osteofit.

www.bcwomens.ca
- and search for osteofit



A SAFE AND EASY WAY TO BOOST YOUR FITNESS



Revised 2016

OSTEOFIT IS A PROJECT OF THE OSTEOPOROSIS PROGRAM AT BC WOMEN'S HOSPITAL + HEALTH CENTRE.



Osteofit will improve your bone health, posture, strength, and endurance, decrease the risk of falls and result in increased confidence and independence.

Osteofit is a specially designed exercise and education program for those with osteoporosis and low bone mass, and those at risk of falling who require a safe and gentle strength, balance, and coordination program.

Osteofit aims to help you reach your fitness goals while respecting your limitations.

- **Exercise** for bone health and muscle strength, improve your balance.
- Gain knowledge on **basic nutrition, falls prevention, active living.**
- **Smaller classes** allow more individual attention.



- **Osteofit instructors receive specialized training** in a course designed by researchers and clinical specialists from BC Women's Osteoporosis Program.
- **The program is continually updated** based on the latest research.

- Osteofit instructors are able to modify exercises to suit individual needs while respecting your limitations.
- Exercise safely without fear of falls.
- Osteofit meets the needs of those who feel that a regular aerobic program is not right for them.



What Osteofit participants are saying

" I started Osteofit because I thought I could do the exercises. Our instructor modifies the exercises to accommodate individual problems. I've noticed the improvement in my flexibility and I have less stiffness. I look forward to going to class."

Diane Mahy
Douglas Community Centre,
Vancouver

" Osteofit suits me because the instructor adapts the program for each person. The exercises don't do any damage and we learn about falls prevention and how to bend properly. We feel like we're plugged into a network so that we receive information about new treatments and developments more quickly than other people."

Barbara Swiebs
Douglas Community Centre,
Vancouver