

osteoporosis



Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fracture or injury from falls.

Every 8 minutes, someone is admitted to an Australian hospital with an osteoporosis-related injury. This is expected to rise to every 3-4 minutes by the year 2021 as the population ages.

If you're worried that your past and present lifestyle may be putting you at risk of Osteoporosis, it's time to act now.

2

oxigen**health**

oxigen**health** coordinates a self-paced 8 week program to encourage healthy lifestyle modifications, focusing on activity level with personliased strength and conditioning programming as well as nutritional guidance.

Based on your own individual capabilities, our accredited exercise physiologists and trainers will offer you all the support and motivation you need to improve your health and wellbeing.

Rebates are available through Medicare and private health funds.



For more information call **4367 6433**.

bring in this flyer and receive a
**complimentary
consultation**

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