

Beth Svarovska Pilates

Exercise for Bone Health Workshop

It is widely understood that physical activity helps to make bones strong. However, there is lack of clarity about what exercise is appropriate and effective, particularly for those with osteopenia or osteoporosis. Bone-building know-how is important for people of all ages, male and female.

The Royal Osteoporosis Society's new evidence-based consensus statement on bone health and exercise will be introduced in this workshop. Key areas of focus will be exercise for bone and muscle **strength, stability and spine alignment**.

Learn tailored strategies to improve your bone health, reduce risk of fractures and maintain resilience and independence now and in the future, whether you are aged 12 or 92 and whether or not you are diagnosed with a bone health condition.

Follow-up workshops will be open to participants of this workshop wishing to further their practice in strength, stability and spine care at different life stages including teens, pre- and post-menopause and post-fracture.

Limited spaces. Please book and pay in advance to secure your place. If you have any questions, please get in touch.

core strength
inner peace



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