



HEALTHY BONES

REVIVE
RESHAPE REBALANCE REFORM

Healthy Bones is ideal for women over 40 and is based on strengthening the bones using resistance and weight bearing exercise to help prevent diseases like osteoporosis.

What is Osteoporosis?

Osteoporosis literally means “pores of bone”. It is a silent disease, slowing robbing calcium and other vital minerals from our bones. Osteoporosis reveals itself after the damage has been done. There is no gradual pain or hint that this disease exists. The first clue a woman receives is her first fracture and by this time her bone loss is significant. Osteoporosis, or brittle bone disease, is the most common disease that affects the bones. It is the systematic loss of bone minerals over a period of time and it affects all bones in the skeletal system.

Until recently, people have not really understood what osteoporosis is and what it means to have this disease. Stooped shoulders and broken hips have been looked upon as “natural” signs of aging. Today this type of thinking is undergoing a radical change.

The classes are run by Julie Campbell (Sports Physiotherapist and Pilates Clinician) at our new class venue Taylor Range Country Club, 28 Greenlanes Road, Ashgrove and go for 45 minutes.

Bookings are essential and minimum numbers are required for each class.

Casual Class \$20

6 Class Pass \$115

10 Class Pass \$180



Revive Ashgrove

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