

## Osteopilates: Increase Bone Density Reduce Fracture Risk Look and Feel Great (Paperback)



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### ***Reviews***

*Just no words to explain. it was actually writtern quite perfectly and valuable. Your daily life period will be convert as soon as you total looking at this pdf.*

***(Mr. Brook Marquardt Jr.)***


## OSTEOPILATES: INCREASE BONE DENSITY REDUCE FRACTURE RISK LOOK AND FEEL GREAT (PAPERBACK)



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Career Press, United States, 2005. Paperback. Book Condition: New. Original. 274 x 175 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Approximately 20 million Americans have low bone density, which is responsible for over 1.5 million fractures, annually costing our nation \$38 million a day. When dealing with osteoporosis, are fractures inevitable? Is osteoporosis a sentence for pain, disfigurement, and life in a nursing home? Karena Lineback, a Pilates post-rehabilitation specialist, personal trainer, and Pilates studio owner, has noticed that when beginning an exercise program, not one of her osteoporotic clients has been familiar with the safe movement and exercise guidelines from the National Institute of Health (NIH) for osteoporosis. Could the fracture rate decline significantly if all patients had this information? OsteoPilates presents this vital information in a clear, concise format readily applicable to most exercise and everyday situations. The three-level Pilates program for osteoporosis has been modified using these safe movement guidelines. OsteoPilates commits an entire chapter to explaining safety guidelines and how to apply them to all activities, not just exercise. There are illustrations and descriptions, of how to safely perform numerous everyday tasks such as carrying groceries, lying down in bed, and tying one's shoes. OsteoPilates recognizes that exercise is only one part of a four-part treatment plan that will build bone density, reduce fracture risk, and improve health. The four-part plan consists of: -- Safe movement for exercise and everyday living. -- Postural awareness. -- Diet. -- Medication. Women have been warned that the increased risk of heart disease and breast cancer far outweighs the skeletal benefits of hormone replacement therapy. In droves, women are turning to more natural, safe, and effective methods for increasing bone density. To create a future without osteoporosis, OsteoPilates presents a second three-level exercise program for those who want to build...

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