

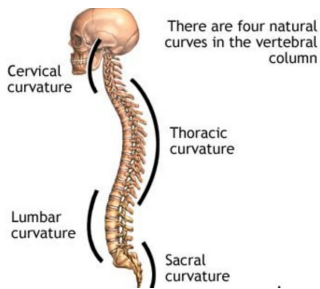
Getting the Most out of your Bones!



FIVE KEY FACTORS

NEUTRAL SPINE

There are three major natural spinal curves. Lower, Mid & Upper. When lifting heavy weights you must maintain these spinal curves to avoid injury.



FIVE KEY FACTORS

When finding neutral spine you must take into consideration not only your spine.

- 1/ Feet
- 2/ Knees
- 3/ Pelvis
- 4/ Ribs
- 5/ Head

OSTEOPOROSIS

ONCE YOU TURN 40 THERE IS A TRAJECTORY OF 2% BONE DENSITY LOSS EVERY YEAR IN FEMALES DUE TO DECREASED ESTROGEN DURING MENOPAUSE.

CURRENTLY THERE IS 4.7 MILLION AUSTRALIANS OVER 50 WHO ARE EITHER OSTEOPENIC OR HAVE OSTEOPOROSIS

MAINTAIN YOUR STRENGTH

by Krystal Weir

It is recommended that you do 3-5 weight bearing activities weekly to maintain your bone density once over 40 (Osteoporosis Australia)

