



Build strong BONES

Personal training to prevent & manage Osteoporosis

Join Alexis Saire, MEd, MA for one-on-one guidance.

Together you will create a personal plan to make positive changes and decrease your risk for falls, bone loss and fractures.

During your training you will:

- Learn 6 strength exercises that are most effective in building bone density.
- Analyze your personal risk for osteoporosis, falling and fractures.
- Understand how to maximize the benefits of cardio workouts in preventing bone loss.
- Learn how to effectively add balance and core training to your workouts and to prevent falls.
- Monitor daily activity levels; which can help increase bone density.

Call today (407) 340-9600!

Start your journey to healthy BONES

Be active and healthy daily

Own your health

Nourish your bones

Exercise

Stop falls

*The
Fitness Centre
& Day Spa*



At Florida Hospital Celebration Health

