

OSTEOPOROSIS



- Osteoporosis affects more than half of women and nearly one third of men over the age of 60.
- More than 3000 New Zealanders break a hip each year. This figure is expected to rise to 4,800 in ten years time as our population ages.
- About a third of people who fracture a hip die within a year from related complications. Another third never return home. Many who do lose their mobility and independence.

HOW CAN I REDUCE MY RISK?

- Keep active with 30 minutes of physical activity each day. Weight bearing exercise that works the muscles against gravity helps keep your bones strong, such as walking, yoga, dancing, golfing, tennis and low impact aerobics.
- Eat a balanced diet that's high in calcium and other essential bone nutrients. Dairy Products such as milk, yoghurt and cheese are calcium rich foods.
- Spend 30 minutes outdoors in the sunlight each day to ensure an adequate supply of Vitamin D
- Limit your intake of alcohol to two drinks or less a day
- Don't smoke

Exercise for your Health

At Configure Express we use a **30 minute circuit** training system that integrates **full body resistance** training with weight bearing **cardiovascular** training. This circuit only takes 30 minutes and is **easy** to do. We teach you how to use all the equipment so you can feel **safe** and **confident** while you **maximise your precious time** and get the **health and fitness benefits** you want.

We offer **nutrition programs** and **advice** to ensure you are getting the **fuel** you need from your **food**. Our team can help you **stay motivated** with **regular re-assessments**, **tutorials** to teach you **new exercises** and a huge range of **group fitness classes** to give you the **variety** you need to stick to **regular exercise** to maintain a **healthy lifestyle**. If you need extra support we have many **Personal Training** options to cater for your **individual needs**.

**Get active and look after
the future of your health
today!**

