

The Healthy Bones Program

Our team welcomes the Healthy Bones Program to assist active, independent clients living with low bone density and osteoporosis achieve their health and fitness goals in a safe and fun environment. We offer a program that utilizes exercise principles and interventions that are based on scientific evidence. Registered Physiotherapist, Carson Lai has been trained to deliver the MelioGuide™ exercise program; a new, innovative program designed to enhance bone building and reduce fall risk in independent adults.

What's Included!

Participation in this program includes the following services:

- Once a Week Group Fitness Class
 - low-impact exercises utilizing bands and stability balls
- Individualized Home Exercise Program
- Fitness and Posture Assessment
- Continuing Education & Support

5 Reasons to Join!

1. Studies have shown that physical activity is key in bone building.
2. A regular exercise routine is definitely the right step towards good bone health.
3. Not all exercises promote healthy bone and body structure and can lead to fractures.
4. Learn which exercises you should do and which need to be modified.
5. The Healthy Bones Program is lead by a qualified and knowledgeable team of therapists here to help you achieve your goals safely and effectively.



Package Options

Working with a limited budget? We offer different options that will allow you to choose the number of classes you would like to attend, and what is within your price range. Choose from:

- ❖ 1 Month Package for \$50.00
 - 4 Classes + services
- ❖ 2 Month Package for \$90.00
 - 8 Classes + services
- ❖ 3 Month Package for \$125.00
 - 12 Classes + services
- ❖ Add a Physiotherapy service to any package and the entire program can be covered under your Extended Health Benefits.

Registration

Call our clinic at 613.389.2350 for more information regarding:

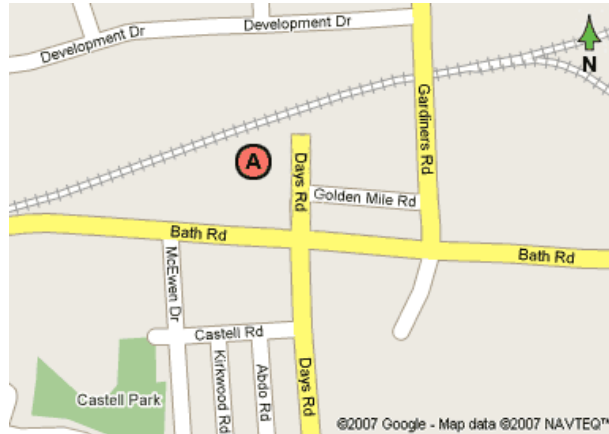
- ❖ **Referral Rewards Program**
- ❖ **Healthy Bones Registration**
- ❖ **Package Deals**

For more details on the Healthy Bones Program and other services, you may also visit our website:

<http://limestonehealth.ca>

Services at KBM

- Fitness Assessments & Personal Training
- Pilates
- Weight Loss programs
- KBM Bootcamps
- Nutritional Counseling
- Massage Therapy
- Physiotherapy
- Healthy Living, Wellness & High Performance
- Workshops / Seminars
- Blood Pressure / Body Composition Testing
- Exercise Equipment Consulting
- Ergonomic Consulting
- Sport Specific & High Performance Programs for individuals and teams
- Running / Endurance Consulting
- Sports Equipment Sales: Balls, Bands, Bosu, Balance Trainers, and everything you need to get fit at home or on the road.



541 Days Road, Unit #6 Kingston, ON K7M 3R8



Facilities & Equipment:

Our 5,400 sq. ft. centre is wheelchair accessible, includes shower facilities and free parking. We have a full line of equipment including: Treadmill, Elliptical, Rower, Bikes, Selector Machines, Free weights, Dumbbells, Swiss Balls, Medicine Balls, and much more.



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