




Offering Personal Fitness Coaches

At Pennock's Health and Wellness Center, our Osteoporosis management exercise program provides you with a personal fitness coach.

Your fitness coach will guide you in a specific exercise program that is designed to help you re-build bone and muscle mass. Exercises that will be included are:

-  Weight-bearing activities
-  Back strengthening
-  Posture exercises accustom to your needs.

**Before meeting with your personal coach, please make sure you have a signed consent form from your physician and your bone densitometry scan results for your initial consultation.*

Your Passport to Health And Wellness

At Pennock's Health and Wellness Center, we believe that both a healthy mind and body are essential to healthy living. We strive to improve the health of local residents, patients, and corporations. Our modern facility of over 10,000 sq. feet, a 3-Lane 25 yard lap pool, and over 48 pieces of cardiovascular and weight equipment, allow us to offer a comprehensive weight management and fitness program with everything you need to reach your osteoporosis management goals!

To learn more, visit us online at www.pennockhealth.com or scan our QR code below with your smart phone or web enabled mobile device.



915 W. Green St., Hastings, MI 49058
Phone: 269.948.3139
www.pennockhealth.com



Osteoporosis Fitness Program



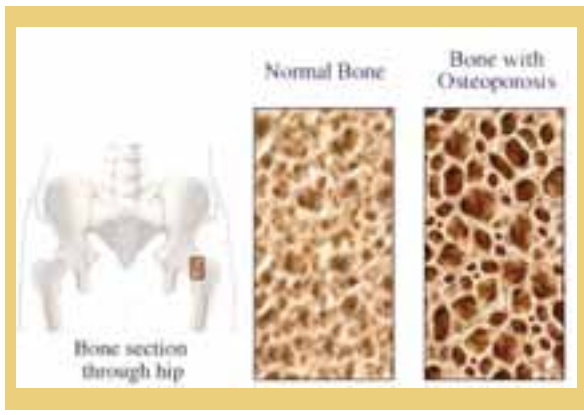
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Osteoporosis Facts

According to the Osteoporosis National Resource Center, 1 out of every 2 women and 1 in 8 men have an osteoporosis related fracture. 17 million Americans have low bone mass. Women lose up to 20% of their bone mass in 5-7 years following menopause. 1.5 million men are affected by osteoporosis and 1 out of 8 men age 50 and older will develop fractures. Osteoporosis is often thought of as an older person's disease, but realistically it can strike at any age.

How Does Exercise Help?

Exercise can help slow mineral loss in bones, help maintain posture and improve overall fitness, which can reduce the risk of falls, increase blood flow, and bring in vital bone building materials.



Exercise Components

During our six-week exercise program, designed specifically to help manage Osteoporosis, you will meet with your personal fitness coach three times over the six-week period. You will be coached in strength training exercises, presented in a gradual format. You will receive unlimited facility usage. And all information discussed with your personal fitness coach will be held in a confidential manner.

Rates

FREE to current Pennock Health and Wellness Center Members. \$30 for non-members.

Do you want a family member or friend to join you? For an additional \$20, a family member or friend can participate in the program with you!

**When the 6 week program is completed in full, the participant can utilize the \$30 program fee to start up a membership.*

Are You at Risk?

Do you have a small frame? Do you have a family history of osteoporosis? Have you had a low lifetime calcium intake? Do you smoke cigarettes or drink alcohol in excess? Have you been taking excessive thyroid medication or high doses of cortisone-like drugs for asthma, arthritis, or cancer?

If you answered "yes" to any of these, you are at risk. Call today to book your consultation.

Book Your Consultation

We offer a complimentary, no-obligation orientation session to learn more about our Osteoporosis management and fitness program and which option is right for you. Get your passport to a health today by calling 269.948.3139.



Live Better.
Feel Better.