

No substitute for strengthening

In short, strengthening exercise is required for increasing bone mass.

Exercises like yoga or cardiovascular activities such as walking, swimming, cycling, or running have been shown to be ineffective for maintaining building bone. They are aerobic or flexibility activities that are beneficial for your health but do not provide the necessary loads on the bones to prevent or reverse bone loss.

Weight lifting machines like the MedX machines have successfully been used in studies on osteoporosis and have proven to be effective for bone building.

When beginning a strengthening program, the weight should be very light. People who are unfamiliar with strengthening exercise sometimes shy away from it because they are concerned it might be too difficult.

When the proper equipment is used, the resistance can be reduced to almost nothing and moved up in small increments. You should set an appointment with a Fitness Trainer whenever you begin a strengthening program. Then, you can begin a safe, effective training routine that you can remain on for life.

Many people make some basic mistakes that result in little or no bone growth. Strengthening must be done correctly if you are going to rebuild bone.

If have been told you have osteoporosis or osteopenia, (the beginnings of osteoporosis), a strengthening program is the only medication that will cure it. It is too important to experiment with on your own, get a professional to help you establish a program you can live with for life.

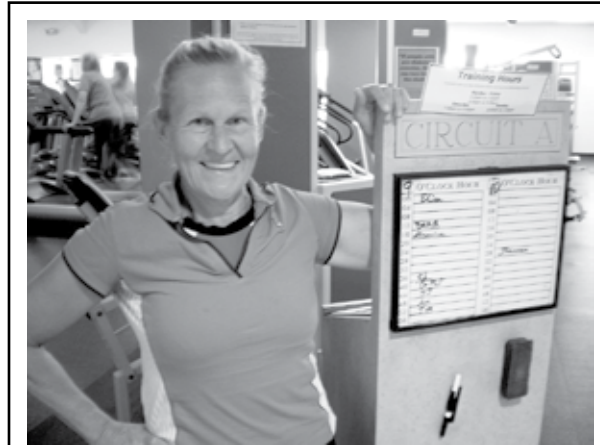
You don't have to wait until you have a problem. Keep your muscles and your bones strong and healthy by including the MedX Circuit or other weight-bearing exercises in your regular exercise routine. The American College of Sports Medicine recommends incorporating weight bearing exercise as an essential part of a fitness and health-care program.

In addition to osteoporosis reversal, strength training can prevent the onset of osteoporosis. In fact, the benefits of strength training are way too numerous to list here!

If you have a concern, speak to us. We can establish a balanced weight bearing exercise program that can take as little as 15 minutes twice a week and lead you to a stronger, longer future!

Mike Arteaga

Owner, founder (1973), health and fitness consultant



When Elisa Heikkila-Sorocki's bone density test came back showing her bones were continuing to become thinner due to osteoporosis, her doctor told her to get on a strengthening exercise program. Studies have shown that weight training builds muscle and bone, so in order to potentially get off the osteoporosis medication, Elisa became a member of Mike Arteaga's Health and Fitness Centers and began to visit the supervised strength training Circuit regularly. With the help of our Fitness Trainers, Elisa designed and stuck with a strengthening plan that within five months resulted in bone density test results that showed improvement - her bones were actually becoming stronger! Concerned about the side effects of the osteoporosis medication, Elisa's goal is to completely replace medication with exercise. As she says, the medication's side effects are concerning, however the side effects of regular exercise are, "all good!"

MIKE ARTEAGA'S

HEALTH & FITNESS CENTERS

Osteoporosis

Preventing and reversing bone loss with exercise.

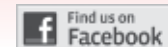


234 NORTH ROAD, POUGHKEEPSIE

452-5050

3425 ROUTE 9W, HIGHLAND

691-6161



mikearteaga.com

The bad news:

Medication designed to address osteoporosis just went from bad to worse, or more accurately, from dangerous to lethal.

The distressing news:

It has been projected by the US Surgeon General that osteoporosis, defined as the thinning of the bones which results in a deterioration of the skeletal structure, will affect half the U.S. population by the year 2020.

The good news:

Regular exercise can prevent osteoporosis and begin to rebuild bone.

Deadly side effects vs. awesome side effects

It was to our great disappointment when we began receiving word about a new osteoporosis drug that had hit the market with an alarming set of potential side effects. In short, where you could only take previous drugs for five years, this one was recommended for a maximum of two years. Why? Well, instead of the potential for breaking down your bones (like the older drugs) this one can potentially cause bone cancer!

Now, let's stop everything for a moment and consider this – we've just seen the introduction of a drug that replaces dangerous with potentially lethal side effects.

Regular strengthening exercise, the only 100% proven weapon in the battle against osteoporosis, also has side effects – the difference is that they are positive.

The drug companies have been searching for a drug that will do it all for us, and have produced questionable results. It is questionable whether any of the “osteoporosis” drugs actually add bone and the concern over the side effects continues to grow.

The U.S. Food and Drug administration warned in October 2010 that women with osteoporosis

who take biophosphonates, such as alendronate (Fosamax), ibandronate (Boniva), and risedronate (Actonel) for a minimum of five years may face an increased risk of bone fractures. Ironically the drugs the pharmaceutical companies are saying will cure osteoporosis may in fact be making the situation worse.

The only drug that has no negative side effects, and many positive side effects, and is absolutely proven to add bone at any age is strengthening exercise!

What is osteoporosis?

Osteoporosis is the thinning of bones, which increases the chance of fracture.

Like all the tissue in the body, bones are constantly tearing down and rebuilding themselves. This is an amazing fact: in a year and a half to two years every cell in our bone structure will be replaced. However the bones don't rebuild the same as what they have torn down. The body works on the simple principle of “use it or lose it” and if the loads on the bones have been going down, the bones will rebuild lighter than before – this is what causes osteoporosis.

Our brain keeps track of the loads placed on our bones. As exercise decreases, stress on the bones decreases so our current bone strength is no longer necessary and so the bones are rebuilt lighter and lighter. Over time, this leads to a marked reduction in bone strength.

Never in the four million years of our existence have we lived without strenuous activity. As a result, our bodies have no evolutionary experience with this situation and therefore have not developed a stopping point. The body just keeps rebuilding lighter and lighter until a bone breaks from something as easy as stepping off a curb.

It is widely believed that many of the hip fractures that “happened when the person fell,” actually happened first, causing the fall. In this instance the bones had deteriorated so badly

that they literally collapsed from the stress of walking!

How does strengthening exercise help?

Research has clearly shown that bone thinning can be halted and reversed at any age with strengthening exercise.

“Exercise may be the greatest stimulator that bone ever gets, and may maintain and even increase your bone mass,” says Dr. Everett L. Smith, Director of the Biogerontology Lab, Department of Preventive Medicine at the University of Wisconsin.

Contrary to popular belief, loss of bone mass is not a “normal” part of the aging process. It is simply a response to a less active lifestyle. Research clearly indicates that in addition to osteoporosis, many health problems are falsely attributed to aging, while inactivity is the real cause.

Bone, like muscle, responds to exercise by growing stronger, although a bit slower than muscle. We generally are unaware of our bone strength, since unlike muscle, it is invisible and difficult to measure. As a general guide you can assume if your muscle strength is decreasing your bone strength is also decreasing.

Since bone is constantly in the process of tearing down and rebuilding, it is possible to reverse the deterioration by sending a message that the rebuilding process must build stronger bones because the loads are increasing.

Age has much less effect on a person's response to exercise than has been commonly believed. In a study performed with seniors of both sexes, ranging in age from 85 to 99, using strength machines, the group more than doubled their muscular strength in 10 weeks.

When proper strengthening exercise and nutrition are initiated, muscle and bone strengthening absolutely can be achieved at ANY age.