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Subject: What everyone needs to know about exercise and osteoporosis
Date: 24 May 2017 at 14:29
To: Karen karenlisaing@gmail.com

KC



We want to help you more.

Dear Karen

We love that you come to our classes (or have been recently) but we're always aware that a weekly class doesn't enable us to share everything we know which might help you.

What's different about [Fit School](#) (and one of the reasons we started it) is that we have between us, over 25 years of fitness industry experience. And with it - we have a heck of a lot of knowledge and

understanding about the affects of exercise on the body.

So we thought we'd get started on sharing some basic topics which we get asked about a lot.



What's Your Problem?

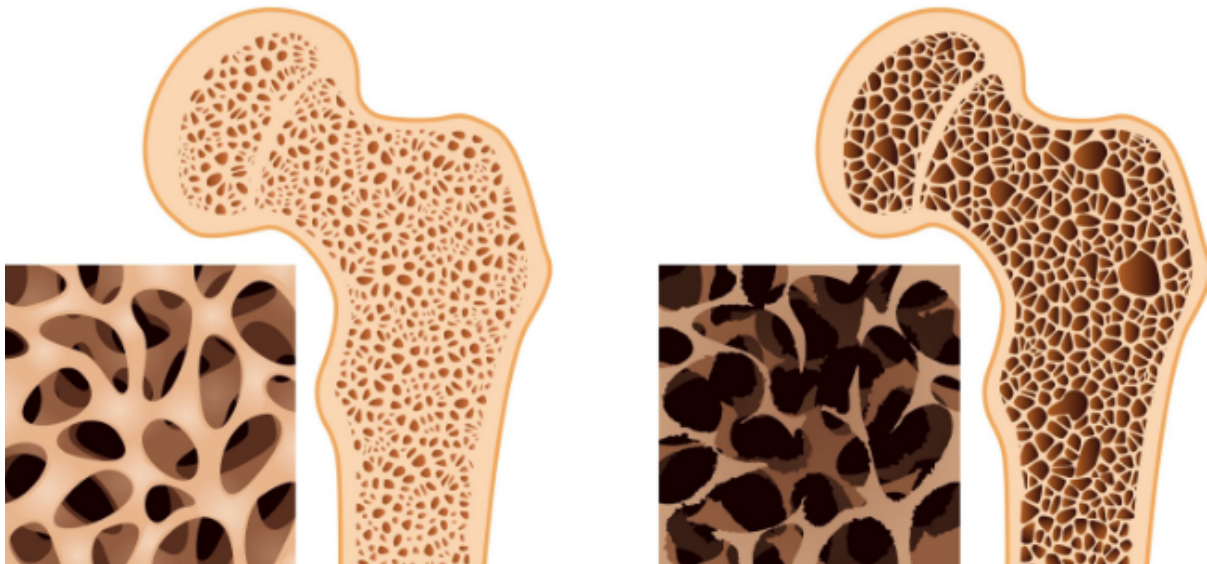
We know that everyone who comes to class comes with a different 'issue' or collection of 'issues'! Sometimes it takes a while to find out what they are but we've got some idea from past participants and from what you ask us. Over the next few updates we'll be covering the following issues which get asked about a lot:

- Osteoporosis
- Osteoarthritis
- Weight Loss
- Back pain/Hip Pain
- Your nervous system and Melatonin

- Your pelvic floor
- Exercise as medicine
- Peri-menopause and the menopause
- Exercise after cancer

If there is something else which you'd really like to know more about please ask. Our aim is to debunk myths and give you the facts around fads and if we don't know it, we have resources to hand which can help us find the answers.

Ask us a question



Osteoporosis: What is it?

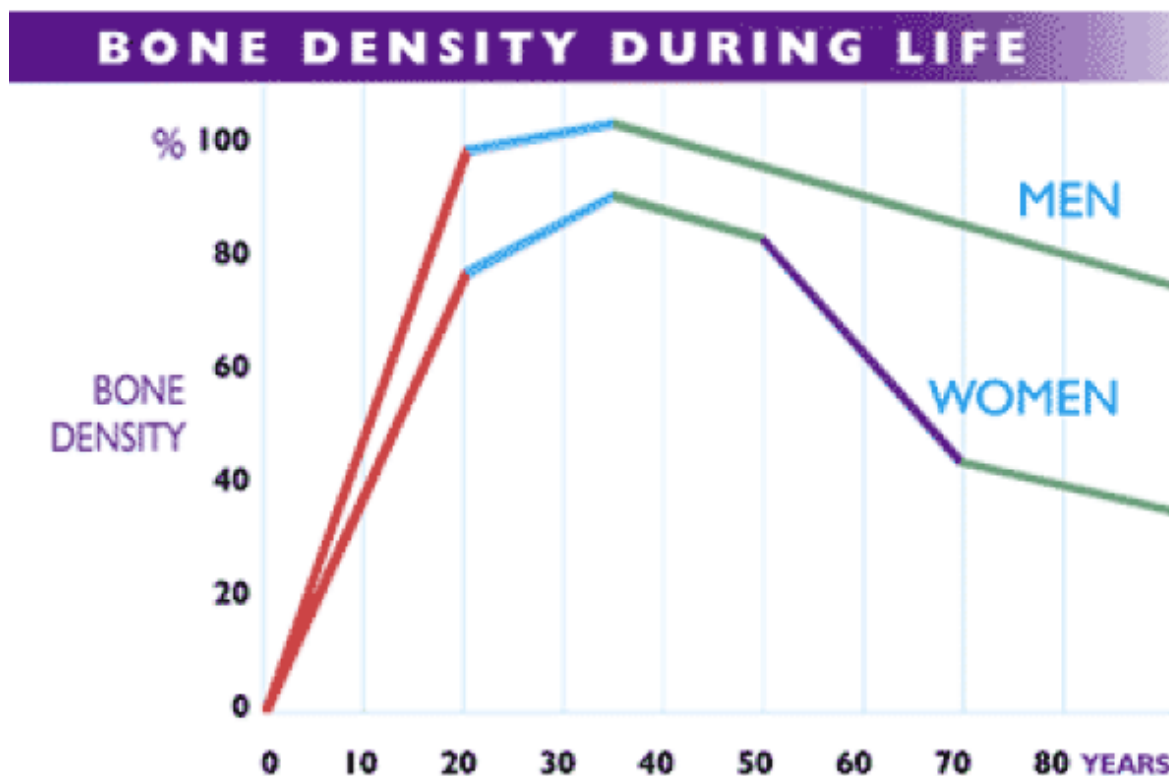
Osteoporosis is a condition that weakens bones, making them fragile and more likely to break. It develops slowly over several years and is often only diagnosed when a minor fall or sudden impact causes a bone fracture.

This term is thrown around quite a bit but it is an ‘under the skin’ condition which we don’t think about unless it affects us. The problem with this thinking and osteoporosis is it’s a slow process which gets worse over time.

Doing nothing about osteoporosis is like waiting for the slugs to get onto your plants before you put pellets down. So the question is what can we do?

Our skeleton is the frame for our body which houses nutrients and provides the

Our skeleton is the frame for our body which houses nutrients and provides the scaffolding for muscles and tendons. It also protects vital organs such as the brain and the heart. The skeleton develops from birth and bone density increases up to around the age of 20. It then declines as we age. The process is greater with women due to genetic factors, hormones and lean muscle mass (see graphic below). We can't do much about the hormonal or genetic factors affecting bone density, but we can do a lot about the 'stress' to our skeleton which slows down the bone loss.



Exercise, movement and osteoporosis

Skeleton stress.

You will no doubt have heard about the effects gravity has on the body for astronauts. For long space missions, due to the lack of gravity, astronauts have to exercise for two hours per day, just to prevent muscle loss and bone loss. Back here on earth, gravity is our friend and we need to use it more often. It is your main weapon against bone density loss.

Walking – this increases the stress to your skeleton by 2-3 times. The faster/more vigorously you walk, the more stress to your skeleton. Maybe add some light hand weights.

Running – this can increase the stress to your skeleton by up to 5 times. Although you have to weigh up the benefits versus the impact to knees. If you have a knee condition or diagnosed osteoporosis, avoid and speak to a health professional.

Resistance training. Weights or anything which increases the resistance to your body.

Swimming – marginal to no benefit (but there are exceptions). It doesn't mean swimming isn't a great form of exercise, but the lack of stress to your skeleton means it isn't the useful for preventing bone density loss.

Sitting down for long periods and general inactivity. This is like throwing a bag of slugs onto your plants!

In summary, general movement is good for the body. You have to decide now what kind of bodysuit you want to inhabit when you are older. Do nothing now and you will be fighting an uphill battle.

There are dietary and supplementary things to consider, but I don't want them to take the emphasis off more important factors. I'll save this for another newsletter. If you have specific questions please do get in touch.

We're here to help

We genuinely want to help. If this means coming to one of our classes or training with us, then great. If it means us referring you on so you can exercise alone, we'd love that too. Please do share this with anyone you feel would benefit. We'll be printing it out to bring to classes too.

For more information about Pilates classes or training please visit:

www.fit-school.co.uk



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