



# bonefit™ WORKSHOP

Bone Fit™ is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe and effective methods to prescribe and progress exercise for people with osteoporosis. Bone Fit™ was created and launched by Osteoporosis Canada in 2010. Learn more about the program at <https://www.bonehealthandosteoporosis.org/bonefit-usa/>.



Interactive  
practical learning



Most recent  
recommendations on  
reducing fracture risk



Emphasis on  
exercise program  
safety

## BASICS

Aimed at exercise and fitness professionals working in the community with uncomplicated osteoporosis clients

1 Day | 8:00 AM – 3:00 PM March 16<sup>th</sup> | \$200

## CLINICAL

Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients

1 Day | 8:00 AM – 5:00 PM March 16<sup>th</sup> | \$350

The Bone Health & Osteoporosis Foundation is hosting this Bone Fit™ USA LIVE virtually Saturday, March 16<sup>th</sup>, 2024. To register, visit: <https://shorturl.at/fLOP9>.

For more information, please contact: [education@bonehealthandosteoporosis.org](mailto:education@bonehealthandosteoporosis.org)



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