



Roseville Health & Wellness Center

Exercise & Nutrition for Bone Health 6 Week Program

Nutrition and exercise play a major role in keeping your bones and muscles healthy. Because the bones and skeletal muscles work together, the nutrients you consume and activities you participate in often affect both systems simultaneously. For most people, consuming a healthy diet with a wide variety of vitamins and minerals is enough to ensure bone and muscle health, although people with certain medical conditions may need to adjust their nutrient intake or exercise plan.

The Exercise & Nutrition 6 week program will focus on proper instruction with weight bearing exercises working with a degreed personal trainer and nutritionist in a small group setting 2 times per week. A cardiovascular and flexibility component will also be incorporated. Education and nutritional element with weekly recipes will ensure proper vitamin D and calcium intake. An individualized “at home, or in the gym” workout program will be given to program participants to be done on non program days to ensure total body wellness!

Monday's & Wednesday's at 1pm

Beginning March 18th

6 week program \$99

or \$10 drop in fee



***Sign up at the Front Desk or call Lisa at
916-677-1200 to reserve your spot today!***

1650 Lead Hill Blvd, Roseville | 916.677.1200
www.rosevillehwc.com | Like us on Facebook