



EXCLUSIONS FOR BONE STRENGTHENING AND VITALITY CLASS

This class is geared towards men and women who wish to learn how to deter and reverse bone density loss. It is appropriate for those with no current bone loss as well as those with low and very low bone loss. Participants may NOT have:

- recent fracture (< 1 year),
- any joint replacement
- hip or leg surgery
- current injury
- malignancy
- uncontrolled cardiovascular or respiratory disease
- cognitive impairment
- a musculoskeletal or neurological impairment that would affect the ability to exercise
- recent radiation treatment
- recent Xray interventions
- immobility
- dependence on an assistive device (walker, cane, crutches, etc.)

By signing this form, I acknowledge that I am not affected by any of these co-morbidities.

Name

Date