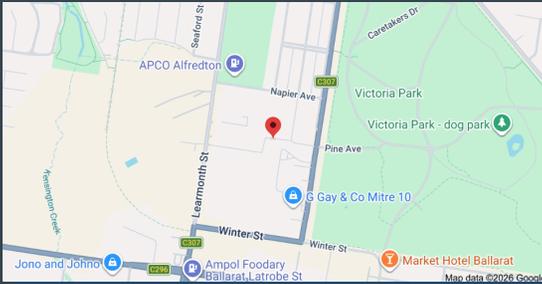


 ONERO[®] is now offered at



Contact our clinic today to start
your ONERO[®] Journey!



Sessions held at:

One Life Health Group
(Gym)
7 Basil Way, Alfredton
Ph: 03 5332 1948
onelifehg.com.au

Scan to Learn More!



Referral details for Doctors:



Nathan Skewes
Physiotherapist



Holly Nichols
Physiotherapist



The Exercise and Sports Science Australia Professional Development committee certifies that training to become a Licensed ONERO[®] provider meets the ESSA criteria for 6 Continuing Professional Development (CPD) points.

GLOBAL RECOGNITION

ONERO[®] was featured in a **National Geographic** story about osteoporosis and exercise in January 2024.

In May 2018, The **Wall Street Journal** published an article on the revolutionary ONERO[®] program for osteoporosis and osteopenia

SCIENTIFIC RECOGNITION

The **Journal of Bones and Mineral Research** is the highest-ranking bone journal in the world, publishing over ~2500 scientific papers a year, all undergoing rigorous peer review. In 2017, the publication on which the ONERO[®] is based made the Top 5 JBMR 'Attention Grabbing Papers'.

AWARDS

Sports Medicine Australia

A presentation of The Bone Clinic data reporting 9-year findings of the effect of ONERO[®] on osteoporosis and osteopenia won the best paper award at the 2024 **Sports Medicine Australia (SMA)** Conference in Melbourne, Australia.

Exercise and Sports Science Australia

A research presentation of the 3-year findings on ONERO[®] from The Bone Clinic won the 'Practitioner Award' at the **Exercise and Sports Science Australia** 2018 Research-to-Practice meeting in Brisbane, Australia.



Osteoporosis?

Doctor recommends exercise?

But what exercise?

Research has shown that only a certain type of exercise improves bone health.



The award-winning evidence-based exercise programme for osteoporosis

EFFECTIVE EXERCISE FOR OSTEOPOROSIS

A growing body of scientific evidence has demonstrated that ONERO®, supervised, bone-targeted, high-intensity resistance and impact training, reduces osteoporotic fracture risk in postmenopausal women and older men with low to very low bone mass [1-8].

The evidence-based ONERO® program improves bone, muscle, and physical function and is safe for people with low bone mass when supervised [1-8].

INCLUDES FALL PREVENTION

The risk of osteoporotic fracture is greatly increased in people at risk of falling. ONERO® training not only improves leg muscle strength but also includes exercises to improve balance and mobility, thereby reducing osteoporotic fracture risk both by improving bone **and** reducing falls.

FULLY SUPERVISED

A hallmark of the ONERO® program is the requirement for close supervision by trained professionals.

Only coaches with the appropriate clinical and exercise expertise are permitted to deliver ONERO® to clients living with osteoporosis.

ONGOING RESEARCH

Along with bone density testing, we build in several simple functional tests before beginning ONERO® to facilitate a comprehensive assessment of efficacy. These tests form part of a vital strategy to track the real-world safety and effectiveness of the ONERO® program in the global research program in progress at The Bone Clinic.

DISCLAIMER

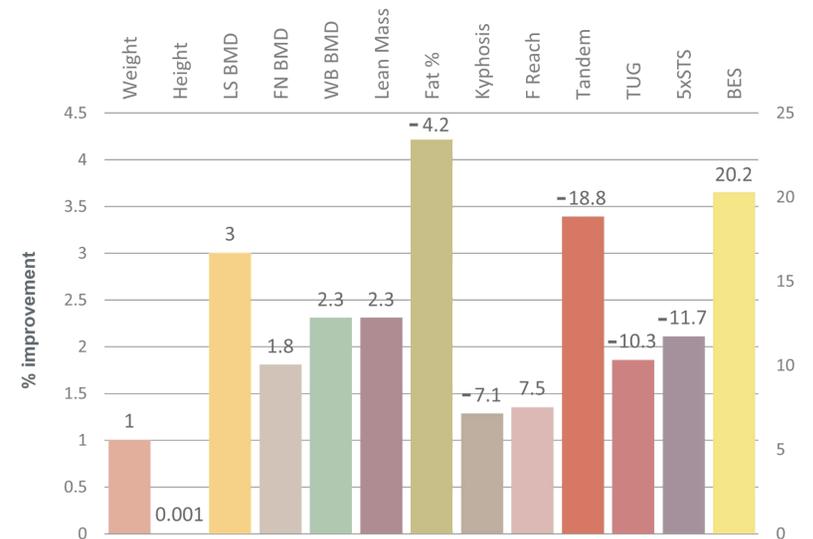
The ONERO® program is designed to improve osteoporosis or osteopenia, but consultation with a primary care provider and/or specialist is recommended to understand all treatment options.

Just by chance, I came by an article on The Bone Clinic (home of ONERO®) and the wonderful news that women are increasing their bone density. I came in for an appointment and have been coming for 12 months. I've regained muscle, strength and balance. It has given me a new lease on life. My bone density improved by 5% in the spine and 8% in my hip!



Mean % improvement after 12 months supervised ONERO® training (n=451)

Increased dietary Ca⁺⁺ 19%, reduced supplementation 16%



Key: LS - lumbar spine; BMD - bone mineral density; FN - femoral neck; WB - whole body; T hip - Total Hip; F Reach - functional reach; TUG - Timed up and Go; 5xSTS - Five Times Sit to Stand; BES - Back Extensor Strength



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