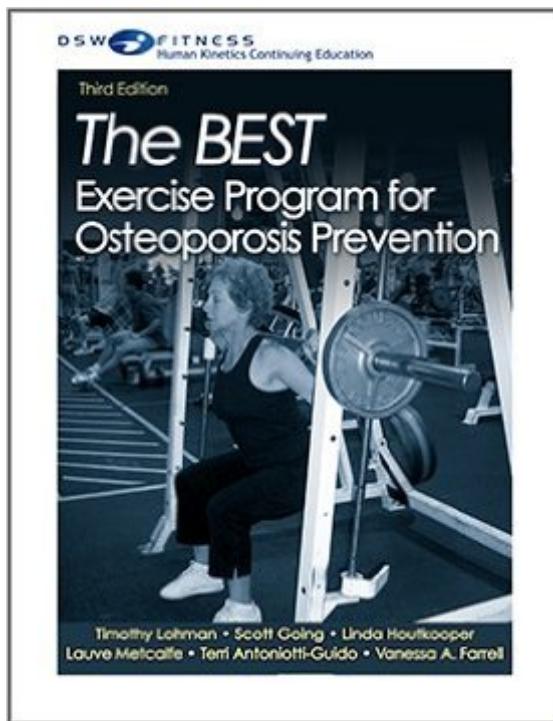


The book was found

The BEST Exercise Program For Osteoporosis Prevention



Synopsis

The Bone Estrogen Strength Training (BEST) study, funded by the National Institute of Health, identified the six BEST exercises that are the most effective for preventing osteoporosis and improving bone mineral density in postmenopausal women. In this book, the BEST team of researchers lay out the six BEST exercises, training protocols and specific programming and motivational strategies to help women adhere to a lifetime of exercise for bone health. The book has seven parts: ABCs of Osteoporosis, Osteoporosis Screening, Exercise & Osteoporosis Prevention, The BEST Exercise Program, The BEST Intervention & Support Program, Nutrition & Osteoporosis, Medical Intervention & Osteoporosis. This information packed book is geared toward the health care professional and anyone interested in an evidence-based bone health training program.

Book Information

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Average Customer Review: 4.5 out of 5 starsÂ [See all reviewsÂ \(2 customer reviews\)](#)

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Customer Reviews

Very good. The pictures are a little dated but the material is good.

An outstanding publication. I gave it to my personal trainor.

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