

MoveStrong at Home

Are you over 60? Do you have health conditions or difficulties with mobility?

MoveStrong at Home feasibility study of an 8-week
exercise & nutrition education program!

**10 Private exercise sessions
3 optional Group exercise sessions
3 Nutrition workshops**

Time Commitment: 12 Weeks

**The study involves questionnaires, measures of balance and lower limb
strength, dietary assessments, interviews and follow up.**

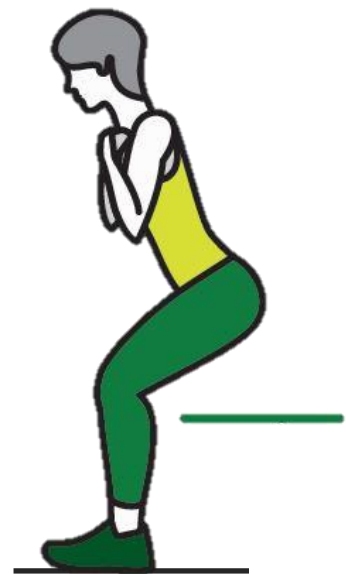
You can complete the entire program in the comfort of your own
home using your telephone or computer!

Want to learn more?

Please Contact us at

boneslab@uwaterloo.ca

519-904-0660 ext. 5021



The Bone Health and Exercise Science Lab

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board.