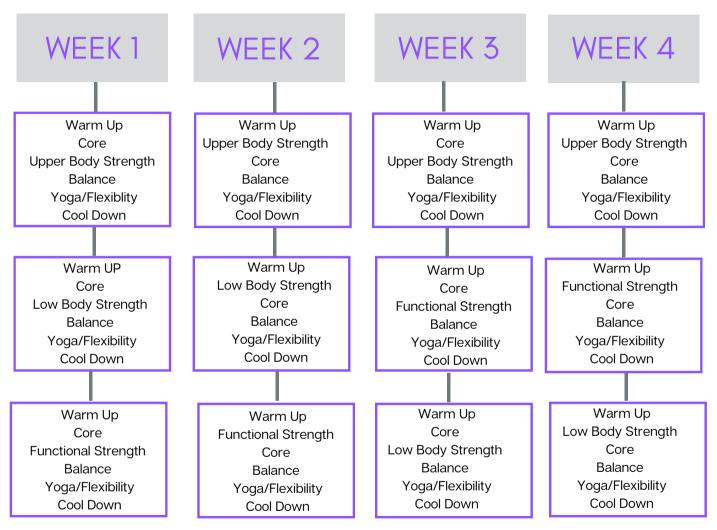
## **BONE HEALTH CALENDAR**







## **Tips For Success**

- Consistency in your workouts is the key to improved strength, bone density, and improved balance
- Modify exercises whenever necessary. Let us know if you need additional modifications.
- Always use caution when balancing!

Schedule a one-on-one Wellness consultation via zoom for a more personalized program. \$50 Email to schedule beth@wellness360fitness.com