

OSTEOBALL[®]

Bone Fitness Exerciser



*Dr. Robert L. Swezey, MD,
with the OsteoBall.*

Developed by renowned osteoporosis medical expert and professor, Dr. Robert L. Swezey, MD, the OsteoBall is clinically proven to help build bone and muscles.

10 Minutes/10 Exercises

The OsteoBall, using strengthening exercises, gives a full-body workout without weights. The OsteoBall is the easy, smart way to get and keep fit.



1 out of 2. That's the odds you have first-stage bone loss if you are age 50+.

Walking is Not Enough

Exercise, as a part of osteoporosis management, is not often given the credit it is due. For many years, the recommended exercise for bone health was walking. While walking plays a useful role in cardiorespiratory and circulatory functions, it is not an effective exercise to help keep your bones healthy.

Weight Bearing Exercise

Weight bearing exercises have shown to enhance vertebral bone mineral density, but are not realistic for the majority of people with osteoporosis. A site-specific OsteoBall workout is a well-documented resistive exercise program.

Resistive Exercise

Resistive isometric exercise can be accomplished by many methods, from weight lifting to exercise machines to elastic stretch bands, but an easier, more effective joint-protected way is to use the clinically tested OsteoBall fitness workout.



Using the OsteoBall is the smarter way to exercise.

Hug it, Tug it, Your Bones Get Stronger

Clinically tested and proven to build both muscles and bones

HOW DOES OSTEOBALL HELP BUILD BONE & MUSCLE?



OsteoBall is quick and easy.

Brief Repetitions: Builds Muscles

That is what the Osteoball provides: a brief, repetitive, resistive exerciser that, over time, helps strengthen your muscles and bones. This is known as Progressive Resistive Exercise. Iso-pressure, the resistive pressure the ball gives back to you, builds as you exert pressure on the Osteoball during exercises. It immediately gives back what you put into it and is the most beneficial type of resistive exercise for stimulating bone growth. It is also progressive in that the more pressure you use, the resistance more the ball gives back.

Gets to Hard-to-Reach Muscle Groups

The exercises you do with the OsteoBall are helping build bone mass and tone your muscles. When muscles pull against the bone during exercise, they are initiating bone-building cells.

Is Supported by a Scientific Breakthrough in Germany

The breakthrough discovery at the Max Planck Institute in Germany in the 1950s was that only two brief repetitions of each resistive exercise at only 2/3rds maximal contraction strength is sufficient to have a strengthening effect. That's all you need.

Even Better - Very Short Duration

The type of exercise offered by the Osteoball is called isometric: a contraction or extension of the muscles for a very short duration-just seconds. It is the best news for on-the-go, time-starved Americans!



Living your life to its fullest. OsteoBall helps you get the most out of it.



OsteoBall gives you a double workout: bones and muscles at the same time.

JUST 10 MINUTES A DAY IS ALL YOU NEED WITH THE OSTEOBALL.

WHAT ARE THE EXERCISES?

The research is compelling. Resistive exercise is the way to go to help you maintain and increase bone density and muscle strength.

Two approaches to resistive exercise:

- **Site-specific:** occurs when specific muscles contract against counter-resistance. These muscles and their attachment to the bone are what are being contracted and are thus site specific.
- **Isometric:** occurs when a muscular contraction force is applied against a non-moving resistance, so that no muscle shortening occurs. Example: trying to lift a fixed, horizontal bar.

Overall, the isometric exercises are just as efficient as isotonic exercises for muscle strengthening, especially in those with osteoporosis. In addition, isometric exercises have a site-specific effect on building bone mass.

HOW DOES THE OSTEOBALL WORK?

The secret is partial inflation and using the right amount of air pressure so that the ball gently “gives back” the force you exert on it.

The OsteoBall is manufactured to be used in a partially inflated state. The material gives way, but gently resists, giving back the pressure you put into it. This resistive pressure is what is called “Iso-Pressure.” It is what allows for a true isometric-resistive workout.

Isometric-Resistive Pressure is Created as You Exercise

Iso-Pressure allows for immediate feedback from the ball. The more pressure you put into the ball, the more it will give back in resistive pressure. If you compare the OsteoBall to rubber band exercisers, you can see there is quite a difference. Rubber band exercises have a set amount of resistance it can offer; when they max out, they no longer give the resistive force that is necessary for strengthening.

Progressive Resistance Occurs with OsteoBall Too

The OsteoBall is a progressive resistive exercise in that the Iso-pressure builds as you exert pressure on the ball. As you get stronger, you will not have to switch to another size rubber band, or add more weights, you simply exert more pressure on the ball.



Exercises that help build muscle and bone density.



The secret Behind the OsteoBall.



Exercise cues are clearly illustrated on the OsteoBall. Above is an example.

GETTING STARTED WITH THE OSTEObALL



Fun with friends or in a class.

Ready...

Properly set up and inflate the ball. To keep your head in balanced alignment, keep your eyes level, glide your chin back until you feel a gentle stretch in your neck. Now, relax slightly.

Set...

To ensure your body is positioned correctly, do the pelvic pinch: squeeze your buttocks muscles together. This will also prompt your abdominal muscles to tighten and provide stabilization of your lower back. Next, a few warm ups are always good idea.

Go!

Ten Joint-Protected Exercises

Now, the exercises begin! You can do all ten exercises every other day, or exercises 1-5 on Day 1 and exercises 6-10 on Day 2. You repeat each exercise twice. Remember, correct breathing and good body alignment make all the difference.



Instructions on how to use the OsteoBall.

Fit The OsteoBall into Your Day
It is so easy to include into your fitness routine

CEQUAL
THE LEADER IN FITNESS POSTURE

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