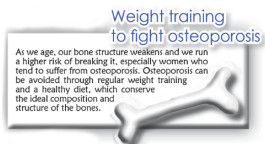


Weight training to fight osteoporosis

Written by

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Weight training to fight osteoporosis

As we age, our bone structure weakens and we run a higher risk of breaking them; especially women who tend to suffer osteoporosis. Osteoporosis can be avoided with regular weight training and a healthy diet which maintains the ideal composition and structure of the bones.