

Stronger bones, stronger muscles, healthier you



Matt and Melissa Reimer, owners

"Everyone begins losing bone at age 30, but some people lose it faster," explained Melissa Reimer, who owns **Osteostrong** with her husband, Matt.

Melissa's personal journey began when she began taking medication that can result in bone loss. After researching osteogenic loading, she became an Osteostrong member, then a session coach and now a franchise owner.

"I attribute my proactive start with Osteostrong in keeping bone loss at bay for me. I know from personal experience that osteogenic loading, which is our specialty at Osteostrong, can change

your overall health by strengthening your bones, ligaments, tendons and muscles," Melissa said.

Osteogenic loading is an excellent resource for someone with osteopenia or osteoporosis, or someone at risk for those conditions, but it also is proven to improve balance, core strength, athletic performance, even A1C, a measurement of blood glucose.

The process uses four specialized machines that target the upper body, lower body, core and spine. Each weekly session takes just 10-15 minutes.

"It doesn't matter if it's your first time or your 50th, a session coach is going to make sure that you're positioned and using the machine properly," Melissa said. "Every move is intentional. You get on a machine, do a test push, do the real move and you're done."

It sounds deceptively simple, but it works. By strengthening the skeletal system and preventing bone loss, Osteostrong members find that they move, feel and live better with less pain, better balance and mobility and less fear of fractures.

In addition to its signature machines, Osteostrong Chesterfield Valley offers other tools like vibration plates to help with balance, blood flow and lymphatic flow; hydromassage beds; red light therapy and a BioCharger that uses energy frequency to restore cellular health.

"We offer free consultations," Melissa said. "So come in and try us out."



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