



## Welcome to Osteo Blast

Osteo Blast is a 16-week programme that helps people over 50 to improve their bone health, grow in strength and become more independent. It is open to Westminster residents and people living in the Royal Borough of Kensington & Chelsea.

Osteo Blast is designed for people living with or at risk of osteoporosis or osteopenia. With the bone loss that occurs with these conditions, even very minor falls can result in major fractures, including those in the hips, spine or wrist. Osteo Blast is here to help prevent the bone loss and those fractures from happening.

So if you want to become stronger, fitter and healthier, Osteo Blast is the programme for you!

“Each time I do Osteo Blast I feel a million dollars, I’m walking taller, feel steady on my feet, my head held high. A most wonderful feeling.”

Karen



## We are Open Age

We are a membership organisation and offer a weekly programme of low-cost, fun-filled courses and events designed specifically to meet the needs of Londoners over 50.

Our activities range from yoga and IT courses to phone groups, cultural visits and weekly sessions for carers. Each one enables our members to meet new people, have fun together and feel part of a community - because we’re here to help people live happier, healthier and more connected lives.

“Open Age changed my life. Now I look forward to getting out of the house. I live a normal, enjoyable life. I feel completely different, full of energy and improving all the time. Albert”

## Want to find out more?

To find out more about Osteo Blast, please get in touch today.

**Call:** 020 4516 9973

**Email:** [JBiglari@openage.org.uk](mailto:JBiglari@openage.org.uk)

**Visit:** [www.openage.org.uk](http://www.openage.org.uk)

**Pop in:** Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London, W10 6DZ or any other Open Age Centre

Open Age is registered as a Charitable Incorporated Organisation in England and Wales. Registration number 1160125.

## Osteo Blast by Open Age

Helping people over 50 to improve their bone health

**OPEN AGE**  
life's just begun



## What participants say

The people who take part in Osteo Blast come from all walks of life, faiths and backgrounds. Here is what some of them have to say about the programme.

**Marsha** *"I enjoy the class, the feeling that I am helping bone strength, [and] that I am doing something to help stave off osteoporosis. The instructor is excellent. She is encouraging and always ready to give extra help when needed."*

**Rosie** *"Since I started taking exercise organised by Open Age, my bone density level went up to normal from halfway to osteoporosis!"*

**Brian** *"My legs feel stronger, particularly coming down stairs... I feel re-assured that I can keep improving."*

**Peggy** *"I very much enjoy the classes. I am being treated for my osteoporosis at Chelsea and Westminster Hospital and they always brighten up when I say that I am taking your class!"*

**100%** of participants say they would recommend Osteo Blast.

## How Osteo Blast works

Osteo Blast is a 16-week programme of weekly exercise classes, with participants joining in-person or via Zoom.

Classes are led by a specialist trainer and involve a series of exercises, each one designed to improve your strength, endurance and balance. Everyone taking part in Osteo Blast will be over the age of 50, and you can progress at your own pace.

During the programme, your trainer will also talk to you about other ways you can keep your bones healthy.

### The benefits

At the end of Osteo Blast you'll be:

- Stronger
- Fitter
- Steadier on your feet
- Friends with the other people on the programme
- More knowledgeable about bone health



**85%**  
of people say they feel stronger after the programme.

## Frequently Asked Questions

### Who can take part in Osteo Blast?

We welcome anyone over the age of 50 who's living with or at risk of osteoporosis or osteopenia. The programme is open to Westminster residents or those in the Royal Borough of Kensington & Chelsea.

### Do I need a referral from a healthcare professional to attend?

No. We accept referrals from healthcare professionals and self-referrals. Please get in touch if you're interested in taking part.

### Is Osteo Blast free to attend?

No. We charge £1 per class for Osteo Blast.

### How do I enrol?

You can book your place on Osteo Blast by contacting us on the details overleaf. We'd be happy to hear from you.

**We can't wait to meet you!**



Statistics taken from survey of Osteo Blast participants in 2022. All names have been changed.