

the number of hip fracture patients who will re-fracture by the one-year mark

### OSTEOPOROSIS CANADA

has launched Too Fit to Fracture — exercise recommendations for those with osteoporosis, or fractures related to the disease. If you have osteoporosis, or are at risk for developing it, Osteoporosis Canada recommends an exercise regimen that combines aerobic exercise with muscle strengthening and balance training. [osteoporosis.ca](http://osteoporosis.ca)

WE TRIED IT!

# A LOW-IMPACT WORKOUT

If you're worried your favourite workout might sideline you with an injury, here are three new low-impact techniques to try



## ESSENTRICS

This workout is part of the Esmonde Technique, created by former National Ballet of Canada ballerina Miranda Esmonde-White, best known for her PBS fitness show *Classical Stretch*. Essentrics is a ballet-based technique that improves posture, mobility and flexibility. As you combine a fluid combination of stretching and strengthening, your muscles are challenged into a lengthened position, creating long, lean and toned limbs. Ballet experience not required — models like Lily Cole as well as the NHL's Montreal Canadiens train with Essentrics. [essentrics.com](http://essentrics.com).

**PROS:** With more than 1,000 teachers worldwide, you can find a class and a certified teacher, or try it out at home via DVD. Plus, no equipment required.

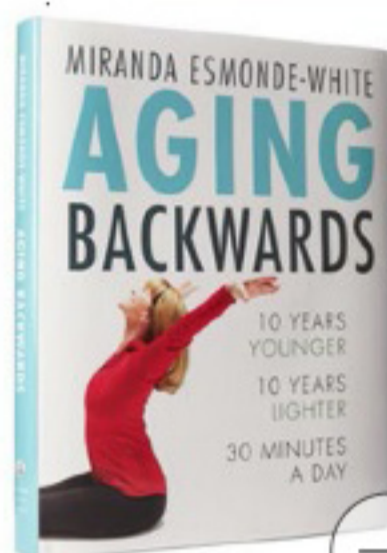
**CONS:** It can require some patience the first few tries to keep up with the movements.



## A FITNESS BAND FOR *kids*

Wearable technology has trickled down to the under-seven set. The new LeapBand encourages kids to get active so they can earn points to unlock rewards for their virtual pets. There are more than 50 challenges, as well as a "school mode" that locks game play.

\$50, [leapfrog.ca](http://leapfrog.ca)



**DIGITAL EXCLUSIVE**  
**FITNESS HANDBOOK**  
Read an excerpt from Miranda Esmonde-White's new book, *Aging Backwards*

