

THE REAL REASON YOU'RE

# LOSING BONE DENSITY

HOW TO STOP IT AND EVEN REVERSE IT!



Many people past the age of fifty have a condition called **sarcopenia** --- a decline in skeletal muscle with age. It begins as early as age forty and, without intervention, gets increasingly worse, with as much as half of lean muscle mass lost by age seventy.

**Sarcopenia** can be considered for muscle what **osteoporosis** is to bone.

**Osteoporosis** is a condition of the bones specific to their density. It occurs when you lose too much bone and/or make too little bone. As a result, your bones become weak and may break from a fall.

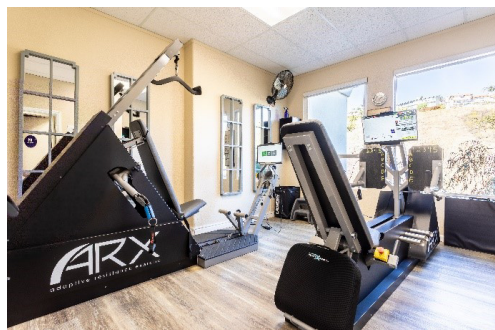
Thanks to a new breakthrough in the way we exercise (see below), you can stay strong and independent as you age --- and even have more muscle and stronger bones than you did when you were younger!

## ARX @ ReGenesis360 Can Help Reverse & Prevent Sarcopenia & Osteoporosis!

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*If you have osteoporosis, the holes and spaces in the honeycomb are bigger than they are in healthy bone.*



## WHAT IS ARX?

A UNIQUE SYSTEM FOR INCREASING LEAN MUSCLE AND DEVELOPING YOUR SKELETAL STRENGTH

ReGenesis360 is not a gym, diet, supplement, or a medical treatment. ReGenesis360 is a unique place where you can go to improve your overall health by focusing on the one thing, we all have in common: **a skeletal system.**

The skeletal system is the foundation for your body and provides more than just strength and protection. It is one of the most critical systems of the human body, and by implementing a strategy to care for and strengthen it, many experience the following results:

- ☑ Improved Bone Density
- ☑ Improved Posture
- ☑ Improved Balance
- ☑ Improved Athletic Performance
- ☑ Less Joint and Back Pain

ARX helps you strengthen the foundation of your body – **the skeletal system.** Unlike other health solutions, you do not have to spend hours at a gym or exert physical energy that will leave you feeling tired and sore. Just show up as you are, and we will oversee the rest!

- » **Safe, Effective, Efficient, and Quantified Strength Training!**
- » Each client is assigned a personal ARX Fit Coach
- » Our ARX exercise facility is private and one-on-one
- » Sweat-free, no need to shower
- » Fast: Only 22-minutes once a week!

## REAL PEOPLE REAL STORIES!



*At the age of fifty-four, after multiple lab tests that indicated I was losing bone, and a dexta scan to confirm the lab tests findings, I was diagnosed with osteoporosis in both my hips, one of my femurs, and my spine. I work out 1 day a week at Regenesis 360 on the ARX machines. In just 6 months, my bone loss lab test score went from 61 (60+ means I am actively losing a large amount of bone) to 31 (once I hit 30, I will no longer be losing bone). I could not have gotten this far, especially this fast, without the help of Regenesis 360. – **Lori P***



*Love my ARX private training! It fits into my busy life. It is only 22-minutes twice a week to gain muscle & bone density, especially since one reason we lose our independence is a hip fracture due to our bone loss. What better than preventing the unexpected! – **David S***



*I was 60 years old and at my wits end. After following all the doctor recommended protocols for osteoporosis, my dexta scan numbers were not showing any improvement. Thankfully, I was introduced to Regenesis 360. Their program of combining ARX strength training with oxygen therapy exercise not only improved my dexta scan numbers, but it also dramatically improved them! After one year of training twice a week, my dexta scan numbers showed an increase in my hip bone density of 9% and an increase in my neck bone density of 2%. By following the ARX plan, not only can this disease be stopped, but it can also be reversed..... I have the numbers to prove it." – **Inger H***

**Schedule Your Complimentary Health Assessment & ARX Training Session**

**CALL TODAY @ 805-202-2077**

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