

What Do Our Client's Say?

Anne W.

Arlington Heights

I previously worked with a trainer at a hospital based fitness center and actually saw a decline in my bone density. After 6 months at The Exercise Coach, my next bone scan indicated over a 7% increase in my spinal bone density. This density change is due specifically to The Exercise Coach, as there were no other changes during that time. My doctor and I are thrilled with my progress, and with my increased strength and fitness.

Linda M.

Buffalo Grove

No medication, two 20-minute workouts per week, and my bone density is up!

Bonnie S.

Mount Prospect

After one year of consistent adherence to The Exercise Coach Program, I have not only halted the bone loss but reversed it. From my 2007 DEXA analysis I learned that the bone density in my spine went up 3% and my hip increased by 4% as well!

Luanne R.

Mount Prospect

I had my first bone density scan at age 50 and the results were both surprising and scary. I was experiencing significant losses in bone strength! I'm not a big fan of medications so when I heard that The Exercise Coach had helped many people like me I decided to give them a try. The results have been truly amazing! Sixteen months after my first DEXA scan I went in for a follow up. Not only did my bone loss stop. It actually increased significantly!

