



OSTEO VIBE PROGRAM

MODULE 1

REALISTIC EXPECTATIONS

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MODULE 1 REALISTIC EXPECTATIONS

Realistic expectations from your osteoporosis program

Welcome to the Osteo Vibe program. Everyone has a different reason on why they want to start off with this program. Some of you may already have been diagnosed by your doctor with osteoporosis. Others may just want to start off with this program to help prevent bone loss later in life. Whatever your reason, it's important to understand what you are going to achieve through our program. Over the years, we've seen a lot of women and men (yes, men are also affected to the surprise of many!) that have tried vibration exercise. With that, we've seen a wide variety of results. [We've seen some amazing increases in bone density, while others have had no change.](#) This introduction article is going to go over some of our experiences, in addition to what you can expect with vibration exercise.

Yes, you CAN get an increase in bone density with vibration

One of the most common questions we get is '[how much bone density increase can I get?](#)'. The true answer is '[it depends on several factors.](#)' The reason we don't sugar coat the answer is because regardless of whether you do get bone density increases or not, the simple fact that you've introduced this type of exercise into your life should improve other areas of your life also, such as strength, balance, and general overall well being.

Research has shown consistent increases in bone density in the hip and spine from vibration. One study found a net benefit of 1.5% increase in hip bone density after 6 months of vibration use. Let me explain what 'net benefit' means. The increase in bone density was approximately 0.8%. For those that didn't do vibration in the study, they lost 0.7% of bone density in the hip over the same time period. Therefore the net 'additive' benefit was 1.5%. Other studies have shown more bone density increases. The one main point to take is this: [research has shown vibration to increase bone density!](#)

Bone density is not the only thing you need to measure

There are some clients that may not get the results they were hoping for. This will happen to some. There is no perfect answer. If there was, the drug companies would be making trillions, not billions! However, [this training program was designed specifically to increase the chance of success](#). You see, the program must be followed in order to be effective. Those that didn't see any bone density increases may not have been committed to it. They may not have changed up their exercise program on a regular basis so the body did not have time to get used to it and stop improving. They may not have taken the right nutrition or supplements to help support their goals. Whatever the reason, this program has been designed to minimize these failures.

In addition to bone density results, you also need to focus on other factors. Over time, do you feel stronger? Do you have more energy? Do you have better balance to prevent falls? Remember, [exercise is not an alternative for those with osteoporosis. It's a necessary part of your life, and you should be applauded in your decision to begin.](#)

Bone density programs take time

The osteoporosis program is not a short term program. Some of our customers have emailed us after 1 month stating that their program isn't working. Well, one month will not be enough. It took a life time for you to develop osteoporosis. It's not going to take 1 month, or even 4 months, to see any difference. [This program should be done for at least 6 months to see any benefits.](#) The best scenario is to forget about the bone density part and focus more on developing a habit of using your vibration machine 3 times per week. Focus more on getting stronger and getting better balance. Focus on changing your life slowly. Focus on exploring other activities as you get stronger and feel better. [We sometimes even recommend waiting 1 full year before your next bone density scan.](#) If you've already had a scan 6 months ago, then getting another one 6 months after your first day of this program is okay. Don't expect miracles and don't focus on one part of your program. This is about improving your life.

Conclusion:

- As you go through your program, it's important to remember the key points we've discussed here:
- Osteoporosis programs are a long term commitment. Expect at least 6 months of consistent vibration therapy to see effects.
- Osteoporosis is a problem that should be addressed with multiple angles and strategies, from exercise to nutrition and education.

- Look at the big picture. Base your success not just on bone density, but on strength, flexibility, balance, and wellness improvements.
- If you have any questions regarding your program, feel free to contact us anytime at support@vibrationexercise.com