

**Strength for Life:
Optimising
Muscle and
Bone Health for
Lifelong Vitality**



You're invited to our
FutureLab
TRAINING PROGRAM

Discover the connection between muscle strength and bone health, and how these factors contribute to longevity, vitality and independence.

In this session, we'll dive into the science behind how muscle and bone health impact physical resilience, mobility, and overall quality of life. You'll learn how preserving muscle mass, supporting bone density and preventing frailty can enhance longevity and healthspan. We'll break down the physiological changes that occur with age, strategies for maintaining strength and bone integrity, and how these factors contribute to healthy ageing.

We'll also highlight how the FutureLab range enhances muscle recovery, strengthens bone density, and boosts physical performance, offering actionable tips to seamlessly integrate these benefits into your daily life for enduring vitality.

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**REGISTER
BELOW:**

**Tue 11th February 2025
@ 12:30PM AEDT**

<https://my.demio.com/ref/17S6qGzr4pg6p7CR>



**Wed 26th February 2025
@ 12:30PM AEDT**

<https://my.demio.com/ref/k8qgpwX0xS0CiNGn>

