



## Introducing ONERO™

The award-winning evidence-based exercise program for  
**Osteopenia & Osteoporosis**

### What is the ONERO™ Program?

ONERO™ is a scientifically-backed exercise program developed specifically for people with osteopenia and osteoporosis. Created from the groundbreaking LIFTMOR (Lifting Intervention for Training Muscle and Osteoporosis Rehabilitation) trial, the program uses high-intensity resistance and impact training to improve:

- Bone density • Muscle strength • Posture • Balance • Fall prevention

ONERO™ is exercise prescribed with the right dosage, (frequency, intensity, duration), to trigger measurable improvements in bone health and is a safe, preventative treatment strategy for osteopenia and osteoporosis.

A hallmark of the ONERO™ program is that clients participating are closely supervised by experienced clinicians who are certified in delivering the program.

### Why It Works – Backed by Research

- Clinical trials have shown significant increases in bone mineral density (BMD) at the spine and hip after just 8 months.
- Participants also experienced better balance, improved posture, and reduced fall risk.
- All exercises are supervised and modified based on your needs. It's safe, effective, and empowering!

**ONERO™ is the ONLY exercise-based intervention clinically proven to improve bone mass.**

### Program Details

- Class format: 45-minute sessions, 2x/week
- Initial assessment: \$200 (baseline balance and musculoskeletal assessment, previous injuries/medical history evaluation. (reduced to \$100 with a 4 or 8 month membership)
- Monthly membership: \$400/month (8 classes), HSA eligible
- Supervised coaching: Taught by a licensed physical therapist and health coach with 25 years of experience and a certified coach trained in ONERO™ protocols.

### Who Should Join?

- If you've been diagnosed with:
  - Osteopenia
  - Osteoporosis
- At risk for bone loss due to age, family history, or prior fractures
- Anyone interested in safe, supervised, progressive muscle and bone strengthening

...then ONERO™ is for you. No previous exercise experience is necessary, just a commitment to getting stronger, safer, and more confident in your movement.

\*ONERO is now taking place at Gravity Vault Princeton, located at 10 Schalks Crossing Rd Suite 1B, Plainsboro Township, NJ, 08536



**Ready to Build Bone Strength that Lasts?**

**Join our next ONERO™ class cohort!**

**Contact us to schedule your initial assessment with Dr. Marc & secure your spot.**



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Click link for more information  
**about the ONERO™ program!**