

BoneFit™ Trained

Margaret Wittenberg has recently completed the Bone Health and Osteoporosis Foundation's (BHO) BoneFit™ USA training. This training includes 5 hours of online independent training combined with a minimum of 6 hours of live virtual instruction. Margaret Wittenberg has participated and passed the final exam and is now a BoneFit-trained professional.

About 54 million Americans have osteoporosis or low bone mass, placing them at an increased risk of fractures. BoneFit™ is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise & fitness specialists. It provides instruction on the most appropriate, safe and effective methods to guide and progress exercise for individuals with low bone density and minimize their risk of falls and fractures.

To find Margaret Wittenberg, go to BHO's website at:

<https://www.bonehealthandosteoporosis.org/bonefit-find-a-professional/> for their contact information.

