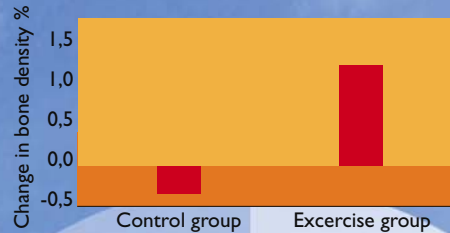


Bone Exercise is effective, and the Bone Exercise Monitor makes it even more effective!

The Newtest Bone Exercise monitor was used in research on bone exercise conducted by the Medical School of the University of Oulu and the Deconness Institute of Oulu. 120 women aged 35-45 participated in the research. The results show that the bone exercise group was able to increase bone density significantly at femoral neck, lumbar spine and calcaneus. The exercise monitoring and analysis were carried out using the Newtest Bone Exercise Monitor.

Effects of physical activity on femoral neck bone density, 12 month follow-up



Vainionpää et al. Osteoporosis Int. 2005;16:191-7. Published Online 17 June 2004

Further Information:

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NEWTEST

Bone Exercise Monitor

Build Better Bones!



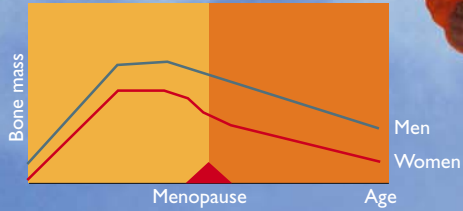
NEWTEST

Bone Exercise Monitor



Build better bones!

The right type of physical activity builds stronger bones and helps prevent osteoporosis. In women, the bone mass begins to deteriorate after the age of 30.



Now you can turn this process around! Use the new and revolutionary personal Newtest Bone Exercise Monitor (pat.) when exercising to build better bones.



NEWTEST

Bone Exercise Monitor

For the first time ever: Revolutionary Bone Exercise Monitor

Newtest Bone Exercise Monitor tracks your daily physical activities, including daily chores. The monitor's display shows you your daily achievement by showing how much (%) of your daily required bone exercise you have completed. You will also see the weekly results. This feedback motivates you in continuing with your physical activities and building better bones.

What are the benefits of the Bone Exercise Monitor?

Newtest Bone Exercise Monitor can help you make sure that your physical activities maintain and improve your bone strength. At the same time, you may achieve additional benefits of physical activities such as weight management, improvement in muscle strength and improvement of posture and balance.

What is bone exercise?

All physical activities exercise the bones. However, some forms of physical activity are better at building bone strength than others. Generally speaking, physical activities which include jumps, leaps, bounds or sudden changes in direction are good bone exercise: racquet sports, step-aerobics, ball games, to name a few.



For whom is the Bone Exercise Monitor designed?

Newtest Bone Exercise Monitor is specially designed for women aged 30 to 50 who are interested in their wellbeing and want to improve their bone strength. The monitor is very small and can be worn easily during daily activities.

