

Building Bone, Strength and Confidence Safely

What is the ONERO® Program?

The ONERO® Program is an evidence-based exercise program developed specifically for people with osteoporosis or low bone density. It was designed by The Bone Clinic (University of Queensland research team) and is delivered only by trained, accredited ONERO® practitioners.

The program focuses on safe, targeted, high-intensity resistance and impact training proven to improve bone strength, muscle function and balance, helping to reduce the risk of falls and fractures.

The research:

The Research Behind ONERO®

The ONERO® program is based on over a decade of research led by Professor Belinda Beck and the LIFTMOR Trial (2017, Griffith University). This landmark study found that:

- High-intensity resistance and impact training increased bone mineral density in the spine and hip.
- Participants improved muscle strength and balance.
- No fractures or major injuries occurred under professional supervision.

These results show that the right kind of exercise is safe, effective and essential for managing osteoporosis.

Program includes:

- Individual assessment with a physiotherapist trained in ONERO®
- Personalised exercise prescription tailored to your bone health, fitness level and medical needs
- Supervised sessions to ensure correct technique, safety and gradual progression
- Education on bone health, posture, and daily movement safety
- Ongoing support and reassessment to monitor improvements and update your program

We run classes weekly on:

Monday 8am
Monday 9am
Friday 9am
EOI - Friday 8am

