

Optimal Biomechanics

bioDensity sessions are performed in the optimal part of the range of motion where **you are the strongest**. This means **extra safety** and **extra effectiveness**. With this **bigger load** you get a **bigger response**.

Documented Success

bioDensity delivers measurable results. Each person's performance is carefully monitored and, at the completion of each session, bioDensity users receive a report documenting their success.

“After years of measurable bone density decline, I was desperate to find an answer. Then my husband and I read about the bioDensity system and decided to investigate. To my great joy, after only 8 months my latest bone density testing showed a 6% increase. Quite frankly I would have been happy with no further decline in BMD, but a 6% increase is just over the top. I am now stronger and enjoying everything I do more.”

-Nancy Hemming

bioDensity™



mfs
medical fitness solutions

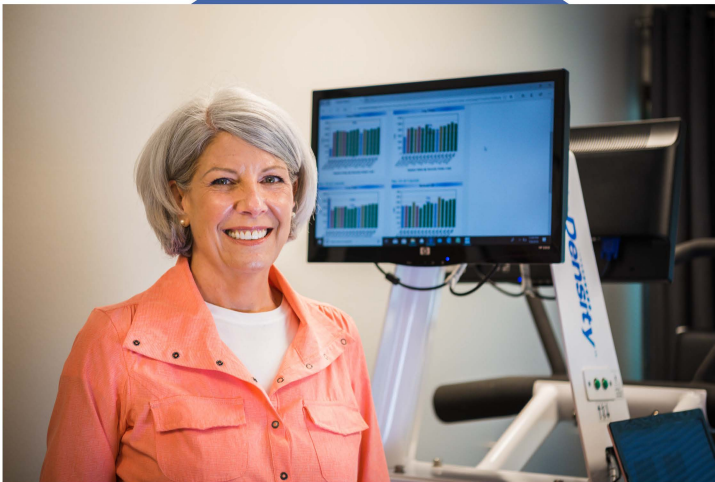
**Better Bones
Better Blood
Better Balance**

Better Bones

bioDensity facilitates a **safe, fast** and **effective** environment where self-improvement can take place. In just one 10-minute session per week, you can gain the benefits normally restricted to hour-long exercise sessions. Four safe and precise compressive movements are performed to stimulate all major muscle groups:

- Chest Press
- Core Pull
- Leg Press
- Vertical Lift

Come dressed as you are -no gym attire required.



“ I started bioDensity 4 years ago with scores of ~4.9 femur and ~4.6 spine. I stayed on the program religiously. Recently DEXA results came back at ~2.8 femur and ~3.1 spine. bioDensity will be part of my health and fitness plan for the rest of my life. ”
-J.M. Chicago, IL

Better Blood



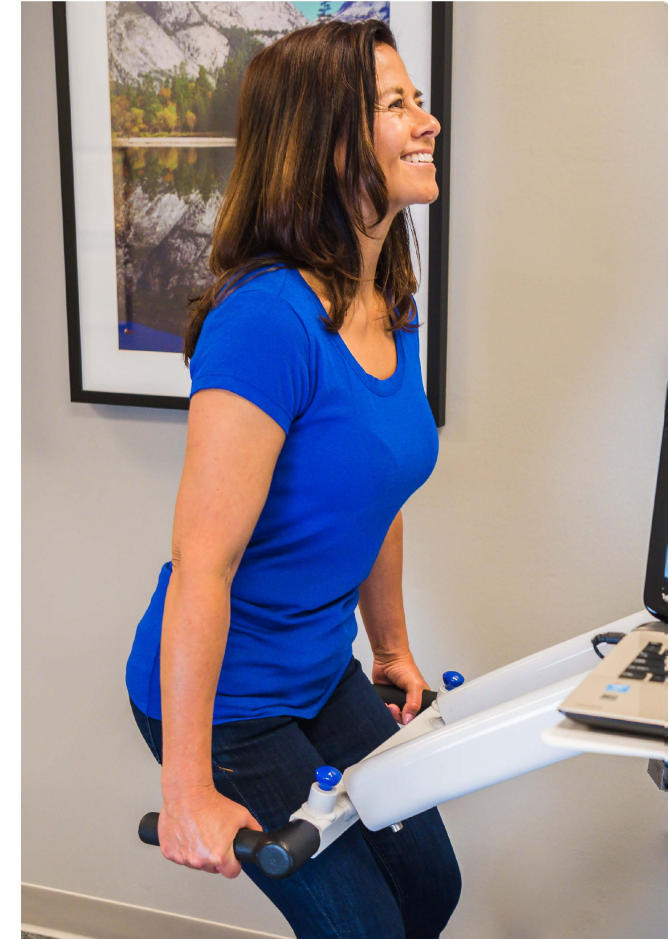
“ I was diagnosed with type 2 diabetes several months ago. My A1c was at 7.7. I have been using bioDensity for about two months. After constant dedication to the program I went to have my 2nd blood test. The doctor was shocked. He said I am no longer diabetic; not even pre-diabetic. He said he’s never seen anything like this before. ”
-Jacobi S.

bioDensity can help type 2 diabetics lower their blood sugar A1c. Exercise is the natural way to fight diabetes, but who has the time for hour long sessions?

bioDensity exercise triggers muscles to decrease blood sugar by utilizing it in the cells. **Exercise is still the best medicine!**

Better Balance

With bioDensity you will maximally and safely strengthen your body. Improved strength and better posture leads to **increased confidence, better balance,** and **decreased falls.**



“ The bioDensity reports show a 28% increase in my strength since I began. I am also feeling more sure-footed and my balance has improved. The fear of a future of living with brittle bones has diminished and I am more confident in my body. ”

-Gale, 2019