

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™



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**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



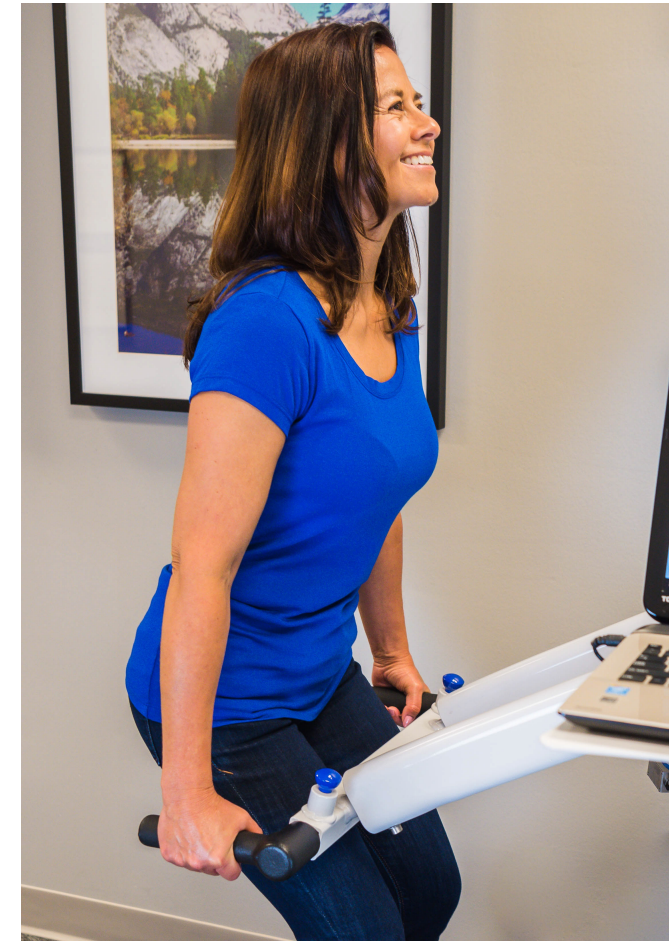
“ I was diagnosed with type 2 diabetes several months ago. My A1c was at 7.7. I have been using bioDensity for about two months. After constant dedication to the program I went to have my 2nd blood test. The doctor was shocked. He said I am no longer diabetic; not even pre-diabetic. He said he's never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