

Equipment for Osteofitness™

- **Beverley ball:** 35-centimeter ball.
- **Hand weights:** Dumbbells that are 2, 5, and 7 pounds.
- **Leg cuffs:** Best brand is All-pro. Comes in matching set of two 5-pound leg cuffs. The weight of each leg cuff can be adjusted.
- **Exercise mat:** Not a yoga mat. A proper exercise mat provides cushion and support.
- **Small lumbar balls:** Available for purchase through Beverley Ikier.



Apparel for Osteofitness™

- **Layered upper body:** short sleeve shirt with sweatshirt over it.
- **Lower body:** Comfortable, loose pants with elastic waist.
- **Sneakers:** Choose sneakers with support that are designed for exercise.
- **Water Bottle:** Important to stay hydrated!!

All equipment and apparel can be purchased at Amazon.com