

Gale's story

“Strength training and new habits can help reduce your biological age no matter how old you are.”

Vessy Zlatareva



Gale: “I was diagnosed with osteopenia about 12 years ago, when I was 53. I had no idea of the meaning and implications of the condition. I was merely told that I should exercise more. Shortly after my diagnosis I discovered a dance called Leroc, also known as modern jive, and I loved it. I had never enjoyed the gym, nor did I ever exercise consistently in my life, so finding something I enjoyed was a real revelation. I danced with gay abandon and forgot all about my apparent condition.

However, in 2011 I was diagnosed with osteoporosis, almost by chance. I recall my GP saying, “Don’t worry we can reverse this. A good diet, exercise and a bisphosphonate medication (which may have side effects) will do it.”

The medication side effects were very uncomfortable. I recall feeling a mixture of hope and also so much fear, particularly of my bones breaking. As a dancer, I froze. I was nervous about moving with the freedom I had felt before. The drugs began to take their toll on my general health. I knew I had to find a better way to beat feeling so incapacitated by the invisible disease.



I began to research different ways of doing that and discovered that there was an exercise machine in the USA called bioDensity, that had the promise of reversing osteoporosis. After lots of detective work in the UK, I found a bioDensity to use. I also found Vessy and her “Simply Strong for Life” Program. Vessy have changed my life in so many ways, for which I am unbelievably grateful.

It’s been amazing. The bioDensity reports show me that there has been a 28% increase in my strength since I began. I am also feeling more sure-footed and my balance has improved hugely. The fear of a future of living with brittle bones has hugely diminished and I am more confident in my body. Needless to say, I am back to dancing with the freedom my dance deserves.”

