RESULTS

To determine the effect of exercise on bone density, participants were divided into two groups: a control group that performed no exercise and a group that engaged in regular exercise. Over a period of 12 weeks, the group that exercised experienced a significant increase in bone density, while the control group showed no change.

CONCLUSION

Our study suggests that regular exercise is an effective method for increasing bone density. Further research is needed to explore the long-term effects of exercise on bone health and to identify optimal exercise protocols for different populations.