



# Efficacy of Brisk Walking Pilates & Calcium on Bone Mineral Density: A Comparative study

*Nitin Khurana*

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There are a number of studies reporting the Effects of Calcium supplementation on Bone Mineral Density and comparing the effects of Brisk walking regimen and Calcium supplementation on Bone Mineral Density. But very little literature is available, comparing the effects of Pilates, Brisk walking and Calcium supplementation on Bone Mineral Density at weight bearing site. To fulfill the lacunae in this direction the present study was planned.

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