

software. The IHT group received a book with the exercises explained, a diary and a training program. Every 6 weeks the program was changed and the IHT group met the trainers in order for them to explain on video call the new exercise the group had to perform. They were also monitored by call every 15 days. Both groups performed 24 weeks of training, twice a week for 1-hour session. The training sessions was 48 in total (100%). The adherence was registered with a diary for the IHT and with a register for the OGT. The adherence in both groups was 65% (26 women), while 35% was not adherent (14 women:7 OGT and 7 IHT). The causes of not adherence depend on family problems 50%, health issue 14%, work duties 14% and IT ability and possibility to have broadband connection 21% (only OGT).The relationship between trainers and participants is important in maintaining adherence to a physical activity program. When physical contact is not allowed, as happened during the pandemic period, frequent contact by telephone or other appropriate technological tools can help to maintain adhesion. Despite the home environment often prevents participation in a physical activity program, online training promotion represents an indispensable opportunity to reach elderly people who are unable to go to the gym.

Key messages:

- The relationship between trainers and participants is important in maintaining adherence to a physical activity program.
- online training promotion represents an indispensable opportunity to reach elderly people who are unable to go to the gym.

Home-based exercise program for women with osteoporosis: focus on adherence

Erika Pinelli

E Pinelli¹, G Barone¹, F Benvenuti¹, G Audino¹, R Zinno¹, L Bragonzoni¹

¹Department of Life Quality Studies, University of Bologna, Bologna, Italy
Contact: erika.pinelli2@unibo.it

Exercise program is important for maintaining or increasing bone mineral density in people with low bone mass. The home physical activity was the only alternative to keeping active people with osteoporosis during covid-19 pandemic. This study aims at investigating the adherence to an exercise program specifically designed for women with postmenopausal osteoporosis when administered as individual home training (IHT) or online group training (OGT). 40 women, aged between $67 \pm 6,5$ years, were recruited for the study. A randomization was performed to divide the women into two groups: IHT or OGT. The OGT group was supervised by the trainers during exercise session utilizing a video conferencing