

High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women With Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial

Steven Watson,^{1,2} Benjamin Weeks,^{1,2} Lisa Weis,³ Amy Harding,^{1,2} Sean Horan,^{1,2} and Belinda Beck^{1,2,3}

¹School of Allied Health Sciences, Griffith University, Gold Coast, Queensland, Australia

²Menzies Health Institute Queensland, Gold Coast, Queensland, Australia

³The Bone Clinic, Brisbane, Queensland, Australia

To The Editor

We wish to inform the editors of *JBMR* of two typographical errors appearing in Table 2 of our article entitled “High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women With Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial.”⁽¹⁾ The column headings “% change” for both CON and HiRIT should read simply “Change” as the numbers represent absolute values. The change in daily calcium intake for

HiRIT should be “ -10 ± 282 ” instead of “ 10 ± 282 .” The corrected Table 2 appears below.

Reference

1. Watson, SL, Weeks, BK, Weis, LJ, Harding, AT, Horan, SA, Beck, BR, High-intensity resistance and impact training improves bone mineral density and physical function in postmenopausal women with osteopenia and osteoporosis: the LIFTMOR randomized controlled trial. *J Bone Miner Res.* 2018;33(2):211–20.

Table 2. Baseline and 8-Month Measures (\pm SD) With Adjusted Change in Anthropometrics and Lifestyle Characteristics Following an 8-Month Exercise Intervention in Postmenopausal Women With Low Bone Mass (per Protocol Data, $n = 86$)

Parameter	CON ($n = 43$)			HiRIT ($n = 43$)			p
	Baseline	Follow-up	Change	Baseline	Follow-up	Change	
Weight (kg)	62.4 \pm 9.2	62.2 \pm 9.4	0.0 \pm 2.3	63.5 \pm 10.0	63.5 \pm 10.1	-0.1 \pm 2.2	0.860
Height (cm)	162.0 \pm 6.0	161.8 \pm 6.0	-0.2 \pm 0.6	161.4 \pm 5.5	161.6 \pm 5.5 ^b	0.2 \pm 0.6	0.006 ^a
BMI (kg/m ²)	23.7 \pm 3.1	23.7 \pm 3.0	-0.0 \pm 0.9	24.5 \pm 4.4	24.4 \pm 4.3	-0.1 \pm 0.9	0.863
cBPAQ	0.61 \pm 0.97	0.62 \pm 1.0	0.01 \pm 0.51	0.61 \pm 0.75	0.54 \pm 0.80	-0.08 \pm 0.85	0.579
Daily calcium intake (mg)	1026 \pm 636	972 \pm 615	-53 \pm 369	972 \pm 615	897 \pm 438	-10 \pm 282	0.364

BMI = body mass index; cBPAQ = current bone-specific physical activity questionnaire score.

^aIndicates between-group difference based on adjusted percent change ($p < 0.05$).

^bIndicates within-group difference ($p < 0.05$).

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Address correspondence to: Belinda Beck, School of Allied Health Sciences, Gold Coast campus, Griffith University, QLD 4211, Australia. E-mail: b.beck@griffith.edu.au

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