



ONERO[®]

License Information Pack

For exercise specialists
looking to help clients living
with low bone mass

Provide a supervised, high-intensity resistance and impact training program that safely improves bone, reduces fracture risk and builds functional capacity in people with low bone mass.



Why it works

Grounded in clinical research

The LIFTMOR, LIFTMOR-M and MEDEXOP randomized controlled trials, led by Professor Belinda Beck, Director of ONERO® and The Bone Clinic.

Standardized and safety-led

A defined framework for assessment, exercise selection, progression and modification, built for a high-risk population.

Licensed delivery

Maintains fidelity to the program, and reduces clinical and reputational risk.

“There must be a way to load people with osteoporosis so that they can grow bone... and it turns out there is.”

PROFESSOR BELINDA BECK
BMHS(Ed), MS, PhD, FACSM, Director



Thousands

of participants supported worldwide

Hundreds

of licensed clinics

16

countries

Doctors

referred to by doctors

See live providers at onero.academy/locations

What you need

People

You must be an Exercise Physiologist or a Physiotherapist to be eligible. If you have other qualifications and believe them to be suitable we encourage you to apply and provide an explanation as to how your qualifications have provided you with sufficient clinical expertise and training in exercise instruction.

Equipment

Full equipment list is available with your license. As a general guide, you will at least require olympic bars and plates plus squat racks. Clients pair up in class, so you don't need a full set per person.

Space

We allow a minimum of about 5 m² (54 ft²) of free available space per client. An 8-person class runs comfortably in about 40 m² (430 ft²). Eight clients is the maximum one coach may supervise. Classes of 16 would be permitted with 2 licensed practitioners actively conducting the class.

Commitment

The License is a commitment to deliver ONERO® to the public. It is not available exclusively as professional development, and not a way to manage your own osteoporosis. Delivery is in person, supervised, at an approved location; remote or unsupervised delivery is not permitted. We assess proximity to existing licensees before approving a site, which also protects your investment.



What's included in an ONERO® License

Training

Your own ONERO® Academy account

About 6 hours of online, competency-based modules covering assessment, delivery and safety, created by Professor Belinda Beck

Resources

Client waiver exemplars

The AMRAP protocol

OATES app we built for licensed practitioners to record participant data - use it and your clients' progress feeds into our research

Launch kit

Clinician-facing brochure template, with space for your own contact details and provider number for physician referrals

Website landing page exemplar

Doctor education pack, including a PowerPoint with Professor Beck's voice recording on each slide, so you can present at a doctors' lunch or present it in her voice

Support & profile

Listing on the ONERO® Locations Map

Ongoing clinical guidance for complex cases

Recorded webinars and literature updates

A quality assurance visit from our team, where possible

What it costs

ONERO® License fee, once per coach

Coach	ONERO® License fee
1st coach	USD \$1,800
2nd coach	USD \$1,620
3rd coach	USD \$1,524
4th and subsequent coaches	USD \$650 each

Monthly maintenance

USD \$150

per month

Starts after 12 months and continues for the life of the License.

The rules, plainly

- 01 The maintenance fee is per clinic, not per coach. More coaches does not mean a higher monthly fee.
- 02 Every location is considered a standalone site where the staggered discount structure above is only applied *within* each clinic. When coaches work across multiple sites, we can look at applying the discount structure *across* sites rather than within, but the ongoing monthly license maintenance fee starts immediately at each additional site. This must be requested by the licensee to request and is applied at our discretion.
- 03 The License belongs to the coach, not the clinic. It is **not transferable**, and it is **not a train-the-trainer license**. Every coach must be trained and certified through the ONERO® Academy. The license is only valid at the business it was purchase at. A coach who leaves that business cannot take the License with them. Licensing the practice owner is a sensible backup for leave and absences.

The numbers

On pricing

Class pricing is up to you. The Bone Clinic charges \$23.50 per class to maximize access; most licensees charge more. We discourage pricing above \$45 per class. Osteoporosis is not unique to the wealthy, and over-charging prices you out of the market.

Three scenarios, all based on twice-weekly classes over four weeks.

Download our [cost benefit calculator](#) to see how the numbers would look at your clinic!

8 clients at \$25 per class

\$1,600

per month

50 clients at \$25 per class

\$10,000

per month

50 clients at \$35 per class

\$14,000

per month

One client on a \$20 class
fee covers the monthly
License fee.

$\$20 \times 2 \text{ session per week} \times 4 \text{ week per month} = \160

This document contains general estimates only and should be used as a guide. Results depend on numerous external variables; actual outcomes may differ materially. It does not constitute financial, legal, tax, or professional advice. No representation or warranty (express or implied) is made as to accuracy, completeness, or suitability. You are responsible for verifying all figures before making decisions. By reading this document and using it as the reason behind purchasing an ONERO® license, you agree that the provider is not liable for any loss or damage arising from reliance on these estimates.

How to get started

- 01** Apply at onero.academy/contact

- 02** We assess eligibility by your qualifications, proximity to existing licensees, and your available space

- 03** Sign the Terms and Conditions for the practitioners you intend to license

- 04** For any practitioners you intend to license: send through their qualifications, email and mobile; we create ONERO® Academy accounts for each

- 05** Coaches complete the ONERO® Academy training and receive certification

- 06** Shortly after that we will reach out and ask you to go on the ONERO® Locations Map and feature in our newsletter

If a step fails — ineligible staff, proximity, or insufficient space — the application closes, and you're welcome to reapply once that changes.

Still deciding?

“We don't have much space.”

An 8-person class runs in about 40 m² (430 ft²). Start with 4 to 6 clients and expand — we see this work often.

“We'd rather build our own program.”

ONERO® compresses years of research, testing and safety protocol development into a licensable service that already has brand recognition and referral trust. Unvalidated programs carry very high risk for patients living with osteoporosis. Why would you risk it?

“We're worried about fractures.”

The program is supervised and standardized for a high-risk population, with a very strong safety record established in published randomized controlled trials.

“Will we get referrals?”

Providers report strong word of mouth and physician referrals, supported by the map listing and branded patient education. Professor Belinda Beck has featured on national television and very well known podcasts to increase brand awareness globally. We give you support materials that we have tried and tested at our clinic and with hundreds of licensed clinics around the world.

[onero.academy](#)

Learn more

[onero.academy/locations](#)

See licensed providers
worldwide

[onero.academy/become-a-licensee/](#)

Apply to become a licensee today!

ONERO® is delivered in person by licensed coaches at approved locations. Home-based or remote unsupervised delivery is not permitted. Insurance and compliance requirements vary by jurisdiction and are the licensee's responsibility. Terms and Conditions apply.