

# Deep in the Bones

## at Sharbot Lake Family Health Team

### – A Backgrounder

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Led by **Jill Dunkley** –SLFHT Health Promoter

Virtual Program: Winter 2024

### WHAT IS DEEP IN THE BONES?

**Deep in the Bones** is an 8 week, 16 class exercise program that adheres to the Canadian Physical Activity Guidelines. It includes weight-bearing aerobic activity, muscle strengthening using free weights, and movements that improve balance, posture, and core strength.

This program is recommended for people who want to maintain good function in their daily lives -- whether it's gardening, carrying wood, yard work, and other jobs around the house.

Jill is Bone Fit certified through Osteoporosis Canada and has designed this program to be appropriate for people interested in maintaining bone health who are at moderate risk for fracture.

#### Jill's Story:

"I have always loved the outdoors and living a healthy, active lifestyle. Over the past 15 years my doctors have been monitoring my decreasing bone density. The condition is called osteoporosis and places me at increased risk for fracture. Over the years I have fluctuated between over-reacting with fear in ways that severely curtailed my enjoyment of life and blatantly ignoring the reality of my condition - hoping it would go away. Five years ago, I fell hard on my right sitting bone while x-country skiing. The following year I dealt with severe pain in my mid to low back and right hip that no health care provider was able to diagnose. I still don't know if I fractured in my spine or pelvis. With the help of my mindfulness practice, I have accepted the reality of living with this condition and have become curious about how to live with it fully, moment to moment, with less fear. If you also have this condition, it's my wish for you too. That means learning how to make lifestyle choices to minimize the risk of bone fracture and it's why I've developed this program.

The program adheres to the physical activity guidelines as recommended by Osteoporosis Canada and includes:

- Weight-bearing aerobic activity
- Progressive resistance training
- Balance training

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- Movement to increase muscular endurance of shoulder, hip, abdominal and back extensor muscles

My approach also encourages practicing these guidelines using mindfulness techniques and time outdoors in connection with the natural world. “

### Who is this program for?

This program is a synthesis of mindfulness and stabilizing movements designed to help participants feel progressively stronger in both mind and body. It is great for **anyone** and particularly beneficial for the following:

- people 50+ who love living the rural life and want to continue to do so;
- people living with osteopenia/osteoporosis;
- people who are hypermobile.

### Recommended materials:

- yoga mat
- 2 yoga blocks
- 2x 3lb dumb bells
- 2x 5lb dumb bells
- 2x 8lb dumb bells
- Light resistance band
- 10 lb kettle bell

Here are links to videos that outline these pieces of equipment:

- recommended weights - <https://www.youtube.com/watch?v=9kUQjEUoCWs>
- recommended props for mat class - [https://www.youtube.com/watch?v=52\\_9\\_l7RbFo](https://www.youtube.com/watch?v=52_9_l7RbFo)  
\*\*\* Please note that these videos reference Tuesday and Thursday classes. The classes for this program will take place on **Wednesday and Fridays**.

This equipment is available at Canadian Tire, Costco and some Independent Grocers.

While helpful to have this equipment, it is not a requirement.

Jill will be discussing ways to creatively adapt and modify if you don't have some items.

The SLFHT is also able to loan out some of the listed equipment.

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### Classes:

This 8-week on-line program offers 16 classes, 2 days per week on WEDNESDAYS AND FRIDAYS, January 17<sup>th</sup> -March 8<sup>th</sup>, 9:00 AM TO 10:30 AM

WEDNESDAY class - This class includes bone health information, adaptations to daily living, guidance for weight-bearing aerobic activity and free weights resistance training.

FRIDAY class - This mat class emphasizes mindful movements and includes endurance training of the postural muscles, safe “core” exercises, balance training and functional exercises for the upper and lower body.

### Home Practice:

Participants have access to practice recordings that can be used to support a home practice the rest of the week.

### Program Expectations:

In order to experience the full benefits of the program, each candidate is encouraged to attend the weekly classes and use the shorter practice recordings between classes.

New participants to the program must complete an online intake with the course facilitator, Jill Dunkley, prior to enrolment.

All participants are also strongly encouraged to complete exit surveys after the program is over. These surveys are integral to the continuation of this type of program at the SLFHT.

### Course Facilitator and Support

Jill Dunkley, Course Facilitator –Health Promoter at the SLFHT

Laura Baldwin, Program Support -Program Manager at SLFHT.

### Virtual Class considerations:

Please note that this program will be delivered virtually, via Zoom. Zoom is a simple internet platform to use and requires no special software, apps or computer expertise to use.

In order to participate effectively, participants should have access to a laptop or desktop computer, tablet and high-speed internet.

It is also important to have a quiet place in your home where you are free from distraction and where group confidentiality can be maintained.

### Cost:

There is no cost to participate in this program.

**If you are interested in participating in the Deep in the Bones Program at SLFHT  
or would like more information about this program,  
please contact us at: [programs.slft@gmail.com](mailto:programs.slft@gmail.com)**