

Deep in the Bones -Part 2

at Sharbot Lake Family Health Team

– A Backgrounder

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

Virtual Program: Winter 2024

DEEP IN THE BONES PART 2

The Sharbot Lake Family Health Team is pleased to offer **Deep in the Bones Part 2**. To apply for this program you must have completed **Deep in the Bones Part 1** and have kept up a regular practice. Part 2 will follow the same format as Part 1 but will add more diversity and challenge to the weight and mat workouts.

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

- Weight-bearing aerobic activity
- Progressive resistance training
- Balance training
- Movement to increase muscular endurance of shoulder, hip, abdominal and back extensor muscles

Given the added challenge it is important to honour pain signals remain in choice around appropriate movements on any given day.

Who is this program for?

This program is appropriate for participants who have completed **Deep in the Bones Part 1**. 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.

Family Health Team

Recommended materials:

- Option to go up in weights if and when you feel ready

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

*** Please note that these videos reference Tuesday and Thursday classes. The classes for this program will take place on **Mondays and Thursday**.

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.

Classes:

This 8-week on-line program offers 16 classes, 2 days per week on MONDAYS AND THURSDAYS, January 22 – March 14, 2023, 9:00 AM TO 10:30 AM

Note: There will be no 'live' class on Family Day – Feb 19th – but a recording of the class will be provided.

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

THURSDAY classes - 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 participant is encouraged to attend the weekly classes and use the shorter practice recordings between classes.

If there has been a change in your health status since the last time you participated in DITB, an intake (via Zoom) will be required with the course facilitator, Jill Dunkley, prior to the program start date.

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.

Family Health Team

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 due to the current COVID-19 pandemic, 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**