

Keep yourself fit for life with

Bones for Life[®]



Wellness through Movement Intelligence!

- Developed by Ruthy Alon, Senior Trainer of The Feldenkrais Method[®] of Somatic Education, beginning in 1996, in response to the growing global incidence of osteoporosis. The Bones for Life[®] program provides a safe and autonomous means for building strong resilient bones through dynamic springy movement
- The program consists of 90 experiential movement “processes” — each a tutorial in one aspect of best practices of human posture and locomotion. The entire program comprises a complete course in optimal biomechanics and personal ergonomic fitness; it offers practical shortcuts to well-aligned posture and harmoniously integrated coordination, as well as solutions to common musculoskeletal dysfunctions
- Currently taught worldwide in over two dozen countries throughout Europe, North & South America, Australia, Israel, and Asia in both private and group sessions
- Sponsored and certified in the United States and Canada by the Foundation for Movement Intelligence; instruction is available in over twenty-five U.S. states and three Canadian provinces
- Approved for P.T. C.E.U. credits throughout the U.S. by the Florida Physical Therapy Association [CE90013351]
- Modeled on the movement efficiency of elder female African water carriers who, despite having comparatively lower bone mineral content (BMC) than their western counterparts, also have an uncommonly low rate of osteoporotic fractures (*Journal of Bone and Mineral Research* 11:1019–25)
- Features the use of a 7-meter “Bones Wrap” employed as a virtual exoskeleton to safely align bones and protect vulnerable joints from shearing stress. Other uses of the wrap include as a bolster, harness, support, weighted and weight-bearing headdress, cushion, resistance device, and rope
- Bone Mineral Density (BMD) — a measurement used to diagnose osteoporosis — improved in a statistically significant way in 31 female participants, aged 28–69 years old, who worked with Ruthy Alon for four months, meeting three hours per week (<http://www.bonesforlife.com/185745/Study>)
- Introduced to the NASA Space Center in 2004; Presented at the Aerospace Medical Association Conference in 2005; Abstract “Conditioning Bone Strength on Weight-Bearing Posture” published in *Aviation, Space and Environmental Medicine* (Vol. 76, No. 3, March 2005)
- Presented to attendees of the National Osteoporosis Foundation’s 7th International Symposium “Translating Research into Clinical Practice” in 2007
- First Bones for Life[®] “Osteo~Blast!” conference was held October 2010 in Greenfield, NH. Benefits of new offshoot program *Walk for Life* are being researched by UNH’s Department of Kinesiology
- “Before & After” video available on YouTube demonstrates the effectiveness of the Bones for Life[®] program on running efficiency (<http://www.youtube.com/watch?v=QL53iQtjYU8>)
- For more information, view our YouTube video “Building Bones with Movement Intelligence” (<http://www.youtube.com/watch?v=Oj9SHsTLsAM>)

To locate an instructor, class, or training near you — or worldwide — please visit our websites:
www.BonesForLife.com & www.MovementIntelligence.org