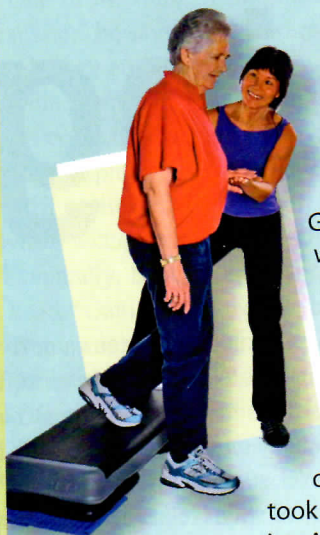


# Osteoporosis: The Silent Disease



On a sunny October afternoon Grandma sits longingly at her window looking out at the splendour of the fall colours. Normally she would be out walking amongst the leaves appreciating nature's beauty. However on a recent stroll Grandma caught her foot on a protruding root and took a tumble fracturing her wrist. A visit to her Physician confirmed Grandma suffered an osteoporosis related fracture.

Grandma now fears falling and sustaining another fracture so has started to limit her daily activities and has even changed the way she walks with a shortened stride and hesitant steps. These changes have a negative impact on Grandma's health and well-being and her ability to stay active. Yet there is hope for people like Grandma. There are specialized exercise programs out there that work to build confidence, reclaim agility and balance and reduce the risk of falls.

Osteofit is such a program developed by the BC Women's Hospital & Health Center's Osteoporosis Program. Osteofit is designed to reduce the likelihood of falling, as well as to improve function, quality of life, and independence among people with osteoporosis.

Osteofit is an ideal class for individuals who have never exercised or have not been exercising for some time. Osteofit is also appropriate for individuals who have suffered osteoporosis related fractures in the past, as well as individuals who do not have osteoporosis but may have low bone density or

increased risk of falling. The exercises included in the Osteofit Program incorporate principles supported by current research. The Osteofit program is designed to improve balance, agility, and strength so as to help reduce the risk of falling and, in turn, the risk of fracture. Falls prevention is important for people with osteoporosis since bone is weaker and thinner than normal and therefore more easily fractured.

Osteofit has two levels: Osteofit 1 is an introductory class with specialized exercises and information about active living with osteoporosis. Osteofit 2 is the on-going exercise program for Osteofit 1 graduates. It offers a tailored exercise and education program to build and maintain fitness.

Osteofit participants report they really appreciate the attention to proper technique that the instructors are able to provide in the classes. They have also said after taking Osteofit classes they have experienced better balance and agility in going about their day to day life. Participants also really

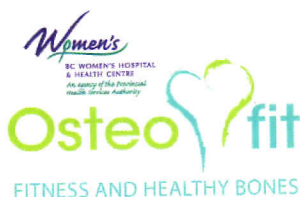
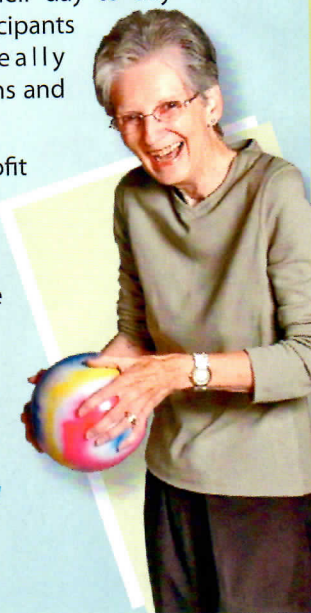
enjoy the educational discussions and find them very informative.

To find out if there is an Osteofit class in your area please contact your local community or senior's centre. Additional class information is also available online at [www.osteofit.org](http://www.osteofit.org)



*RBC Foundation is a founding donor of Osteofit.*

**"I have taken part in many exercise classes over the years, but I have never found one that has been focused on fall prevention, muscle strengthening and bone health the way Osteofit is. I feel so fortunate to be able to take this class." - Donna**



**If there is no Osteofit in your community, contact your local recreation centre and enquire about the possibility of establishing classes.**

**For a complete listing of facilities that offer Osteofit visit the website at [www.osteofit.org](http://www.osteofit.org) or contact 604-875-2555**