



RSVP BONE BUILDERS



Thank you for your interest in the RSVP Bone Builders program, which CTI volunteers present in partnership with community sites such as Senior Centers, and with the financial support of the Tufts Health Plan Foundation.

Bone Builders is a fitness program for people 60 and older that focuses on balance, strength training and has an educational component that includes such topics as fall prevention, osteoporosis, and nutrition. The program is free, and meets twice a week usually at the same time. It is led by CTI RSVP volunteers, who are all 55 or older and have received training in leading the sessions.

The exercises used in this program were developed after a lot of research at Tufts University, and are the same at every Bone Builders site around the country. They are intended to help seniors make changes that will truly help keep them safe and healthy, while also ensuring that the program itself does not increase stress or cause pain. Thus, the program starts off very gently and builds gradually as your strength increases. In addition, the sessions are meant to be FUN — you'll get to know other participants, learn (and share) information that can protect senior health, and hopefully increase your confidence and independence. Our program is modeled after the RSVP Rutland, VT Bone Builders program, and our master trainer is from there. To view a short video on Bone Builders, please go to www.volunteersinvt.org

To become a Bone Builders participant, you must:

- Be 60 or older
- Be able to commit to attending both sessions every week for the foreseeable future (of course, vacations and illness are both good reasons to miss a week or two!)
- Agree to follow the curriculum, perform the exercises as they are intended, and with team leader, record progress in Bone Builders exercise log
- Obtain your physician's approval for the exercise program
- Fill in and sign an informed consent form

In Dunstable, we are working with the Council on Aging to open up a new RSVP Bone Builders class this Spring at the Dunstable Public Library. Day and time are yet to be determined. Please contact Ruth Tully, Dunstable Council on Aging, for more information at 978-649-4514 x223 or Seniors@Dunstable-MA.Gov.