

Sidebar

### **Osteoporosis**

Osteoporosis is a potentially crippling disease characterized by low bone mass (density) and the deterioration of bone tissue. It affects about 2.5 million Canadians, 80 percent of them older women. A bone is considered osteoporotic if it has weakened to the point where it may fracture with minimum trauma or if a fracture has already occurred.

### **Other Facts about Osteoporosis**

*from BC Women's Health Centre Osteoporosis Program*

- Bone is living tissue.
- Bone cells are continuously being formed, used, and recycled (resorption).
- The higher the bone density, the less risk of breaking a bone.
- After age 35 to 40, we begin to gradually lose bone density.
- The rate of bone loss increases dramatically after menopause.
- Because of their hormones, men lose bone density but at a slower rate than women.

### **The Benefits of Weight Training**

Discover the joys and benefits of strength training and fitness to improve your balance, stamina, and fitness. Say "no" to pain and to a sagging, tired body. Personal training will change your ageing process to help you embrace a new, healthier you.

## **BACKGROUND**

### **About Catherine D'Aoust**

Catherine worked as an aeronautical engineer for Transport Canada until 1997. She then became a Certified Personal Fitness Trainer and set up GAIA Adventures to empower women to achieve healthy lives and encourage their participation in outdoor recreation. Her adventure programs include Hiking, Rock Climbing, Cross Country Skiing, Snow Shoeing, Kayaking, Group Running and Trail Running, Orienteering, Team Building Programs for companies.

### **FOR FURTHER INFORMATION AND INTERVIEWS:**

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## **My Mother has osteoporosis.**

### **Osteofit training can help women build bones and lead an active, healthy life**

#### **Vancouver, B.C. – Osteoporosis**

My mother has osteoporosis. When I first heard the news, I was 42 years old, working as a personal trainer in my own business, and studying Kinesiology at Simon Fraser University.

I was scared. I knew this put my 65-year-old mother (her age at that time) at risk of fracture. That meant she had a bone density problem, which could lead to pain and disability as she aged. I became determined to help her.

My mother lives in Ottawa and has always been relatively fit. She swims regularly in our backyard pool and walks, but has never participated in regular strength training or “weight bearing activities.”

I began to research her condition and signed up for Osteofit training. Here in BC, we are leaders in this field: specific exercises that address osteoporosis with minimum risk of injury and that progressively serve to strengthen muscle and bone.

When I next visited my mother, I was armed with exercises and three-pound weights to get her on track. I wanted to coach her on how to take charge of her own health instead of relying on drugs and doctors.

It was a difficult transition for my mother. She was afraid of injuring herself and didn't like the weights very much; she came up with a million and one reasons NOT to exercise. But we persisted—me with phone calls and emails of encouragement and Mom with her trials and the occasional setback. For extra support, I enlisted the support of my father and the services of a local physiotherapist.

Today at 71, Mom is so much stronger, healthier, and happier that I can scarcely believe it. I am so proud of her and her accomplishments.

To help other women get on track by adding exercise and fitness into their daily lives, I began teaching Osteofit Level 1 and Level 2 at the Kerrisdale Community Centre. I also train women on a one-to-one personal training basis. I know if my Mom can do it, so can others.