

## FOUNDATION FOR MOVEMENT INTELLIGENCE

A state of Maine, not-for-profit organization, P.O. Box 694, Portland, ME 04104

***BONES FOR LIFE***<sup>®</sup>

[www.bonesforlife.com](http://www.bonesforlife.com)

For information contact: Hedy Ohringer, 301-320-9616, [www.HedyOh@verizon.net](mailto:www.HedyOh@verizon.net);  
Deborah Lotus, local D.C. phone: 757-589-5421, permanent phone: 617-661-1585,  
[www.Kinaesthetic@Verizon.net](mailto:www.Kinaesthetic@Verizon.net); Ruthy Alon, 781-864-8829, [www.RuthyAlon@yahoo.com](mailto:www.RuthyAlon@yahoo.com)

### **ISRAELI MOVEMENT EXPERT SHOWCASES HER WORK AT NATIONAL OSTEOPOROSIS FOUNDATION'S 7TH INTERNATIONAL SYMPOSIUM;**

Marriott Wardman Hotel, Washington, D.C. Exhibit Booth 510,  
Exhibit Hall, April 18–21, 2007.

Ruthy Alon, originator of the **BONES FOR LIFE**<sup>®</sup> program — first researched and developed in Israel, now taught and practiced world-wide — will demonstrate to clinicians and researchers how her “movement + pressure” protocols make it possible to exercise more efficiently and safely. Alon will be present at the National Osteoporosis Foundation’s 7th International Symposium: **“Translating Research into Clinical Practice,”** April 18–22, at the Marriott Wardman Hotel, 2600 Woodley Road, N.W., Washington, D.C.

Alon said that she and some of her professionally certified BONES FOR LIFE Teachers are being sponsored by the **“Foundation for Movement Intelligence”** at Exhibit Booth 510, where they will demonstrate and teach a few of the 90 Bones for Life “processes” or “protocols” that uplift and re-align posture — often in minutes.

Also debuting at their symposium exhibit is a “Running” video clip, which shows how participants in a one-weekend BONES FOR LIFE workshop improved their running. The clip captures one person at a time, both “Before” and “After” their weekend workshop training. In the “Before” shots, individuals are seen to run self-consciously or clumsily, while “After” they run smoothly and speedily across the room — radiating clear joy in their movement.

The BONES FOR LIFE Exhibit Booth, Number 510, is sponsored by the Foundation for Movement Intelligence — a newly formed not-for-profit organization headquartered in Maine. The Exhibit Hall is open to the press and symposium attendees Thursday through Saturday, April 19th–21st, from 8:00 AM to 5:00 PM.

"When you walk or run with the aligned posture you learn in the BONES FOR LIFE program," Alon said, "the springy impact from the stepping foot is transmitted throughout your entire body without any compression or deviation. In this way, your bones become healthier with every step you take."

"Preliminary studies conducted in Israel suggest that by participating in the BONES FOR LIFE program, bone density may increase in as little as six months," Alon said. (The study is described and graphically depicted on her web site: [www.bonesforlife.com](http://www.bonesforlife.com)).

"All that is required is that you practice the protocols — which are fun and easy — on a regular basis, whether in classes, or workshops, or in your own home," Alon said. "I encourage my Teachers to share worksheets with their students to remind them of key elements to focus on when they practice at home. Compliance is high because we do not just dutifully perform exercises; we actually enjoy these processes, which in turn promote what I call Biological Optimism."

At the prompting of a physician, Ruthy Alon initially researched and designed BONES FOR LIFE — which she has taught for over ten years — in order to help prevent and overcome the disabling effects of osteoporosis. Alon is a first-generation trainee of movement scientist Dr. Moshe Feldenkrais (1904–1984) and has trained practitioners of his method internationally. More recently, she has trained her own BONES FOR LIFE Teachers and a first generation of Trainers in Israel, Europe, the United States, North, Central, and South America, Australia, New Zealand and Japan.

There are currently hundreds of certified BONES FOR LIFE Teachers worldwide, as well as a dozen BONES FOR LIFE Trainers of new Teachers. To locate a class or instructor in your area, see [www.bonesforlife.com](http://www.bonesforlife.com).

To help increase public awareness of the connection between good posture, efficient movement, and healthy bones, and to seek funding for major research into the BONES FOR LIFE protocols, Alon and her first generation of Teachers and Trainers have formed the not-for-profit Foundation for Movement Intelligence, which is based in Portland, Maine. Alon is President of the foundation's Board of Directors.

*For additional information, please visit Booth 510 in the Exhibit Hall or the NOF Press Room, You may also wish to contact NOF's Communications Department at (202) 223-2226, or [communications@nof.org](mailto:communications@nof.org).*