

or osteoporosis 'Bone Lady,' creates "BONEWALKERS PLUS."

Vicki Buckley, known in her area as the "Bone Lady," has designed and teaches a program called "Bonewalkers Plus." Its purpose is to help those young or old with joint pains or osteoporosis.

Her program is a joint safe approach, focusing in on strategic upper, middle and lower body exercises to improve posture, balance and memory for those individuals with osteoporosis or facing joint pains. Her program honors each individual's specific needs by modifying exercises to customize to her or his particular joint problems.

Her way of communicating with her senior students is thru a set of customized exercises choreographed and set to music. She says, "I think it helps them with their mind body coordination and makes exercise enjoyable as they move to the beat of music of the 50's." Her program helps others continue with their own physical therapy after injuries, and shows them how to prevent further bone and muscular issues by doing her low impact exercises.

To make the exercises fun, she has designed a pocket deck of playing cards each detailing an exercise. She has assigned names to her exercises such as, "The Rudder", "The Twist", "The Swimmer" and "The Lawnmower." Cards both picture and tell how to do the specific moves for each exercise.

Some of her students that praise her methods include a former basketball player, age 79, and a recent lady age 87, who had knee surgery who now enjoys being able to keep up and exercise with others in class and a gentleman in his eighties that reported after one week of an assigned exercise has stopped taking his pain pills for his hips and is now walking better.

Buckley has led a weekly support group at the David R. Schechter Community Center in Brevard County for the past six years, and has just celebrated her first year as instructor of "Bonewalkers Plus," classes she now offers at four locations in Brevard.

For additional information on Buckley's "Bonewalkers Plus" program, call 321-759-4962.