

# Stay Strong, Stay Healthy



## What is Stay Strong, Stay Healthy?

It is an evidence-based strength training program designed for older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.

## Why strength training?

Strength training keeps your body and mind functioning at their best!

## What are the benefits of strength training?

### Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

## How does Stay Strong, Stay Healthy work?

The goal is to improve health and quality of life.

## Classes incorporate:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights, and
- Cool-down stretches
- Over the course of the program, you will learn exercises to improve strength, balance and flexibility.



After the eight weeks are over, you can continue the strength training program in the comfort of your own home or with a group.

# Exercise Course Starting Soon!

## Where:

Buck Run Community Center  
735 Scott Ave, Fort Scott

## When:

Tuesdays and Thursdays  
February 20<sup>th</sup>-April 12<sup>th</sup>  
9:00-10:00am

## Cost:

\$20.00 per person

*Checks made and mailed to:*  
Southwind Extension District  
111 S. Butler Street  
Erie, KS 66733

## Questions and Registration:

Contact Tara Solomon-Smith  
620-244-3826  
tsolomon@ksu.edu

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