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

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 20th - April 12th
9:00-10:00 am

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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