

# 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!

Regularly completing strengthening exercises will help you build muscle and increase bone density, preventing frailty and osteoporosis.

## 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 program's goal is to improve health and quality of life.

Classes incorporate:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and leg weights
- 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.



Choose between 2 classes offered on Mondays and Wednesdays  
2:00-3:00p or 3:30-4:30pm @ Lincoln Senior Center, August 14-October 11, 2017  
\$20 registration due to Extension office by August 9, 2017 (785) 524-4432  
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