The Stay Strong, Stay Healthy program focuses on improving the health and well-being of older adults. The goal of the program is to provide safe, structured, and effective strength training for older adults.

Stay Strong, Stay Healthy is an evidence-based program that has been shown to increase strength, balance, and flexibility.

A trained instructor will help you learn and do these exercises safely.

Wear comfortable loose-fitting pants and shirt, along with sturdy, close-toed walking shoes. Bring a bottle of water.

Exercise Course
Starting Soon!

Gardner Wellness Center
614 S Main St, Smith Center
10:00 – 11:00am
Week 1: Aug 28, 30
Week 2: Sept 6
Week 3: Sept 11, 13
Week 4: Sept 18, 20
Week 5: Sept 25, 27
Week 6: Oct 2, 4
Week 7: Oct 9, 11
Week 8: Oct 16, 18
Cost: $20
Registration Deadline: Aug 18
For more information or to register, contact:
Post Rock Extension District
785-282-6823
Courthouse, 218 S Grant
Smith Center KS
Jamie Rathbun
jrrathbun@ksu.edu

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Have fun getting stronger!

One of the best ways to keep your body and mind functioning at their best is to exercise. Regular participation in strengthening exercises can help you build muscle and increase bone density, which prevents frailty and osteoporosis.

- No membership required.
- No special clothes or equipment needed – weights provided.

These exercises are easy to learn, safe, and effective.

What we’ll do

Stay Strong, Stay Healthy is an eight-week exercise program that meets twice a week for one-hour classes. The program’s goal is to improve participant health and quality of life.

Each hour-long class includes:
- Warm-up exercises
- Easy strengthening exercises, with or without weights
- Cool-down stretches

During the program, you will learn exercises to improve strength, balance, and flexibility.

After the program ends, you can continue in the comfort of your home or with a group.

What are the benefits?

Strength training can benefit you in many ways:

- Increase muscle strength
- Improve balance
- Enhance flexibility
- Relieve arthritis
- Promote weight management
- Lift depression
- Reduce stress
- Reduce risk of heart disease