

Stay Strong, Stay Healthy



## Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

### What are the benefits?

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

### Here's what we do

Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.



Classes start Aug 30--Mondays & Wednesdays 9am-10am

Navarre Community Center--- Cost--\$25, with scholarships available for all--Final Cost is \$10

Eight weeks (16 classes) of strengthening exercise for people 50 years and older. The Navarre Community Center invites you to stay after class for coffee and conversation if you are available. We will not meet on Labor Day and will make up that class at another time.

Call Renae @ 785-263-2001 to enroll. Class size is limited.



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