

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.

The evidence-based curriculum used for this program is adapted by the University of Missouri extension faculty from the StrongWomen program designed by Dr. Miriam Nelson and Rebecca Seguin, MS, CSCS from Tufts University.

The **Stay Strong, Stay Healthy** exercise sessions are led by trained university extension faculty.

For more information about dates, locations, and fees in this area contact:



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*Stay Strong, Stay Healthy* is adapted from the Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

**Stay Strong,  
Stay Healthy**



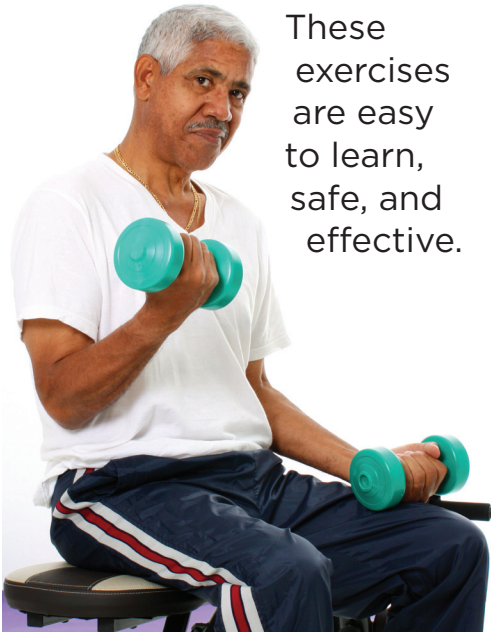
**An exercise program for older adults.**

Targets: strength  
balance  
flexibility

## 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 8-week exercise program that meets twice a week for 1-hour classes. The program's goal is to improve participants' 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 own home or with a group.



## What are the benefits?

Strength training can benefit you in many ways:

- increases muscle strength
- improves balance
- enhances flexibility
- strengthens bones
- relieves arthritis
- promotes weight maintenance
- lifts depression
- reduces stress
- reduces risk of heart disease