



# Stay Strong Stay Healthy

## Strength Training Program

Strength training is no longer just for body builders. **Stay Strong Stay Healthy** is held in familiar settings such as Senior Centers and church halls, not in the gym. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, and sturdy walking shoes.

### What are the Benefits?

Strength training has many benefits:

- ◆ Arthritis Relief
- ◆ Strengthens Bones
- ◆ Lifts Depression
- ◆ Reduces Risk for Heart Disease
- ◆ Improves Balance and Flexibility
- ◆ Healthy Weight Maintenance
- ◆ Reduces Stress
- ◆ Maintain Healthy Blood Sugar Levels

### Here's What We DO

**Stay Strong, Stay Healthy** is for middle-aged and older adults who want to improve quality of life and stay active. Instructors have been trained by University of Missouri fitness staff to lead this program. These types of exercises are easy to learn, safe and effective.

**Stay Strong, Stay Healthy Sessions** include:

- ◆ Warm-up exercises
- ◆ Simple strengthening exercises, with or without weights
- ◆ Cool down stretches

As you strength train you will increase your strength and also improve your balance. After the first ten weeks you will be able to 'feel the benefit' and can continue the simple strength training program with the group or at your home.

Weights will be available on site and trained staff and volunteers will help you learn and do these exercises safely.

**Sponsors:**  
Local community sites and

UNIVERSITY OF MISSOURI  
 Extension

CLAY COUNTY   
Senior Services

**For more information call:**

Glenda Kinder  
Nutrition & Health Education Specialist  
University of Missouri Extension  
1901 N.E. 48th Street  
Kansas City, MO 64118  
816-407-3490  
kinderg@missouri.edu

This program is based on the results of strength training studies in older adults conducted at Tufts University, Boston MA. The primary researcher has been Dr. Mariam Nelson and her findings are detailed in "*Strong Women Stay Young*". Her recent studies have also included men and they also have seen benefits in strength training..

# Host Sites of Stay Strong, Stay Healthy

Sessions last about 1 hour

<p><b>Monday and Wednesday, 9:00 a.m.</b></p> <p><b>Good Samaritan Center 108 S. Thompson Excelsior Springs, Missouri</b></p>	<p><b>Monday and Wednesday, 10 a.m.</b></p> <p><b>Smithville Christian Church Senior Nutrition Site 201 N. Bridge Smithville, Missouri</b></p>
<p><b>Tuesday and Thursday, 2:30 p.m. and Saturday mornings 10 a.m.</b></p> <p><b>Englewood Vista Apartments 5700 N. Main Kansas City, Missouri</b></p>	<p><b>Monday and Thursday, 10 a.m.</b></p> <p><b>Shepherd Center of the Northland 4805 NE Antioch Road Kansas City, Missouri</b></p>
<p><b>Monday and Wednesday mornings, 11 a.m. in Activity Center</b></p> <p><b>The Gardens at Barry Road 8300 NW Barry Road Kansas City, Missouri</b></p>	<p><b>Wednesday mornings, 10 a.m.</b></p> <p><b>Riverside Community Center 2950 NW Vivion Road Kansas City, Missouri</b></p>
<p><b>Monday and Wednesday, 9:30 a.m.</b></p> <p><b>Kearney First United Methodist Church 1000 E. Hwy 92, Kearney, Missouri</b></p>	<p><b>Monday Afternoons, 4:30 p.m.</b></p> <p><b>The Gardens at Northgate Village 3rd Floor Community Room 3000 Swift Ave. Kansas City, Missouri</b></p>
<p><b>Local group meeting weekly in Weston Call if you'd like to know when and where.</b></p>	<p><b>Wednesday mornings, 9:30 a.m. NEW</b></p> <p><b>Platte County Senior Center 11724 NW Plaza Circle Kansas City, Missouri</b></p>

Call for more information about participating:

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