

Comments from participants in basic Stay Strong, Stay Healthy classes:

- “It gives me more motivation to exercise on my own.”
- “My balance has greatly improved.”
- “I feel stronger overall.”
- “I really liked the pace of the class geared to meet individual needs.”
- “I felt very comfortable with instructions on how to perform exercises correctly, to best benefit from them.”



Class meets at:

**Kearney 1st United
Methodist Church
1000 E. Hwy 92
Kearney, MO**

University of Missouri Extension
1901 NE 48th Street
Kansas City, MO 64118
<http://extension.missouri.edu/clay>

UNIVERSITY OF MISSOURI
 **Extension**
equal opportunity/ADA institution

Advanced Stay Strong, Stay Healthy

Strength Training Program

**Advanced
Stay Strong, Stay Healthy**



This 10-week program will:

- **Build on the fitness base from Stay Strong, Stay Healthy.**
- **Add new & more complex exercises that will challenge different muscle groups.**
- **Expand your strength, flexibility and balance.**

The Advanced Stay Strong, Stay Healthy program was developed by a team of MU Extension Specialists.

Days: Mondays

Dates: January 11 - March 22, 2010

Time: 9:30 a.m. - 10:30 a.m.

Advanced Stay Strong, Stay Healthy

builds on the fitness base acquired through the basic Stay Strong, Stay Healthy program by adding new, more complex upper and lower body strength-training exercises, core exercises, balance movements and stretches.

This program is designed for:

- ◆ adults who have already completed Stay Strong, Stay Healthy and want to continue strength training

or

- ◆ adults who have been strength training regularly for at least six months

Like basic Stay Strong, Stay Healthy, the Advanced class is a **10-week program** for middle-aged and older adults.

Glenda Kinder, Nutrition and Health Education Specialist, has been trained by University of Missouri fitness staff to lead Advanced Stay Strong, Stay Healthy. Contact Glenda for more information at kinderg@missouri.edu or 816-407-3490.



Advanced Stay Strong, Stay Healthy

Dates: January 11 - March 22, 2010

Time: 9:30 a.m. - 10:30 a.m.

Location: Kearney 1st United Methodist Church
1000 E. Hwy 92
Kearney, MO

- ◆ No need to wear special clothes — just comfortable, loose-fitting pants and shirt along with sturdy walking shoes and socks.
- ◆ Weights for in-class use are provided.

Dates:

January 11 - Pre-assessment and
Optional survey
January 18 - Exercise
January 25 - Exercise
February 1 - Exercise
February 8 - Exercise
February 15 - Exercise
February 22 - Exercise
March 1 - Exercise
March 8 - Exercise
March 15 - Exercise
March 22 - Exercise
- Post Assessment

Assisted by Joyce Bradley
Health Ministries Nurse
Kearney 1st United Methodist Church

Advanced Stay Strong, Stay Healthy Registration Form

Registration Required: Mail in registration form or bring to the first class.

Call Extension Office - 816-407-3490 to put your name on the attendance list.

Fee: \$20 per person.

Optional: You can choose to participate in an MU research project on this program. If you agree to take a pre-class survey, attend at least 8 sessions and take a post-class survey, the researcher will pay you \$20. And, if you take another survey 3 months later, she will pay you another \$20.

Please print

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Day Phone: _____

Email: _____

Return registration form and a check made payable to University Extension to the address below:

University of Missouri Extension
1901 NE 48th Street
Kansas City, MO 64118