Stay Strong, Stay Healthy
Boonville:

- Please call to register for the 9 week program. It will be held at the Cooper County Extension Office: 510 Jackson Road (located next door to the Boonslick Senior Center) in Boonville.

- The class will be from 10:00-11:00 a.m. every Monday & Friday morning starting Monday, January 11th, 2016.

- The schedule includes: January 11, 15, 22, 25, 29, February 1, 5, 8, 12, 17, 19, 22, 26, 29, March 4, 7, & 11.

- Registration for all 17 classes costs $40.

To sign up for the class Contact:

The Cooper County Extension Office at: 660-882-5661
Or by email at: traubs@missouri.edu

Sarah Traub, Human Development & Family Science Specialist

Cooper County Extension
510 Jackson Road
Suite A
Boonville, MO 65233

Stay Strong, Stay Healthy Program
Starting January 11th!

Have Fun Getting Stronger!

University of Missouri Extension does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age, disability or status as a Vietnam-era veteran in employment or programs.
One of the best ways to keep your body and mind functioning at its best is to exercise. Participation in regular strengthening exercises will help you to build muscle and increase bone density. This helps prevent frailty and osteoporosis. Regular exercise improves physical, emotional and mental health. These types of exercises are easy to learn, safe, and effective. Strength training is no longer just for body builders.

**Here’s What We’ll Be Doing**

*Stay Strong, Stay Healthy* is an eight week program for middle-aged and older adults. The program’s goal is to improve health and quality of life.

We will be incorporating:
- warm-up exercises
- simple strengthening exercises, with or without weights
- cool down stretches

Over eight weeks you will learn exercises to improve strength and balance.

After the eight weeks are over you can continue the simple strength training program in the comfort of your own home or with a group.

**What are the Benefits?**

Strength training can benefit you in many ways:
- Arthritis Relief
- Improve Balance
- Enhance Flexibility
- Strengthen Bones
- Weight Control
- Lifts Depression
- Stress Reduction
- Reduce Risks for Heart Disease
- Maintain Healthy Blood Sugar Levels