

Registration Form

Stay Strong, Stay Healthy

Register early! Class size is limited to 20
\$30 per person must accompany registration

Note: Half (\$15) of registration fee will be refunded to those who attend all sessions and complete pre and post assessments

(please print)

Name _____

Address _____

City _____

State _____ Zip _____

Daytime Phone _____

Email _____

Please check if you need special accommodations because of a disability

Make check payable to:

University Extension Council

and return with registration form to:

University of Missouri Extension

116 W Main St.

Union, MO 63084-1363

Registration Deadline:

SAMPLE

UNIVERSITY OF MISSOURI
 Extension
Live. And Learn.

Franklin County Extension Center

116 W Main St.

Union, MO 63084-1363

636-583-5141

<http://extension.missouri.edu/franklin/>

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Stay Strong, Stay Healthy



Strength Training Program

Classes meet at:

To Be Determined

Strength Training

Is no longer just for body builders.

Stay Strong, Stay Healthy

Is for middle-aged and older adults who want to improve quality of life and stay active

Strength training has many benefits:

- ◆ Arthritis relief
- ◆ Improves balance and flexibility
- ◆ Strengthens bones
- ◆ Healthy weight maintenance
- ◆ Lifts depression
- ◆ Reduces stress
- ◆ Reduces risk for heart disease
- ◆ Maintains healthy blood sugar levels

Over the course of the program you will increase your strength and improve your balance.

Instructors have been trained by University of Missouri fitness staff to lead this program. These exercises are easy to learn, safe and effective.

Program Description

Stay Strong, Stay Healthy

Meets for one hour for ten consecutive sessions
University of Missouri Extension

Union School District building
Union, MO

Orientation (*required*) prior to first session, which will cover program benefits, administration of Physical Activity Readiness Questionnaire and pre-program assessments.

Each subsequent session includes:

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

No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy walking shoes and socks.

For More Information Contact:

Mary Schroepfer, Nutrition/Health Ed. Specialist
University of Missouri Extension
116 W Main St.
Union, MO 63084-1363
636-583-5141

Registration Information

Cost is \$30 for all ten sessions and due at time of registration.

Half (\$15) of registration fee will be refunded to those who attend all ten sessions and complete pre and post-assessments

Please contact us for more information or to start a new class for your group

University of Missouri Extension
116 W Main St.
Union, MO 63084-1363
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Note: Class size is limited to 20

Enrollment is in a first-come, first-serve basis

Starter weights for in-class use will be provided

