Registration Form
Stay Strong, Stay Healthy

Register early! Class size is limited to 20
$35 per person must accompany registration

(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 of Missouri Extension Council
and return with registration form to:

University of Missouri Extension
116 W Main St.
Union, MO 63084-1363
636-583-5141
http://extension.missouri.edu/franklin/

Registration Deadline: December 28, 2012

Stay Strong, Stay Healthy

Strength Training Program

Orientation (required) January 3, 2013
Classes meet Thursdays
January 10 thru March 14, 2013
10:15 to 11:15 am
Zion United Church of Christ
115 S. Washington Ave.
Union, MO 63084
Program Description

Stay Strong, Stay Healthy
Is for middle-aged and older adults who want to improve quality of life and stay active. No one is too inactive to participate.

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

Beginning January 10, each session includes:

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

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

Stay Strong, Stay Healthy

Meets for one hour on Thursdays
10:15 to 11:15 am
January 10 thru March 14, 2013

Zion United Church of Christ
115 S. Washington Ave. Union, MO

Orientation (required) on January 3, 2013, will cover program benefits, administration of Physical Activity Readiness Questionnaire and pre-program assessments.

Class Schedule:

Jan. 3, Orientation & Pre-assessment
Jan. 10 Exercise
Jan. 17 Exercise
Jan. 24 Exercise
Jan. 31 Exercise
Feb. 7 Exercise
Feb. 14 Exercise
Feb. 21 Exercise
Feb. 28 Exercise
March 7 Exercise
March 14 Exercise and Post-assessment
March 21 (snow day if needed)

Registration Information

Cost is $35 for all ten sessions and due at time of registration.

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

To register: Use the form in this brochure and return with your check to:

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Union, MO 63084-1363

Note: Class size is limited to 20
Enrollment is on a first-come, first-serve basis

- Starter weights for in-class use will be provided.

Note: 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