

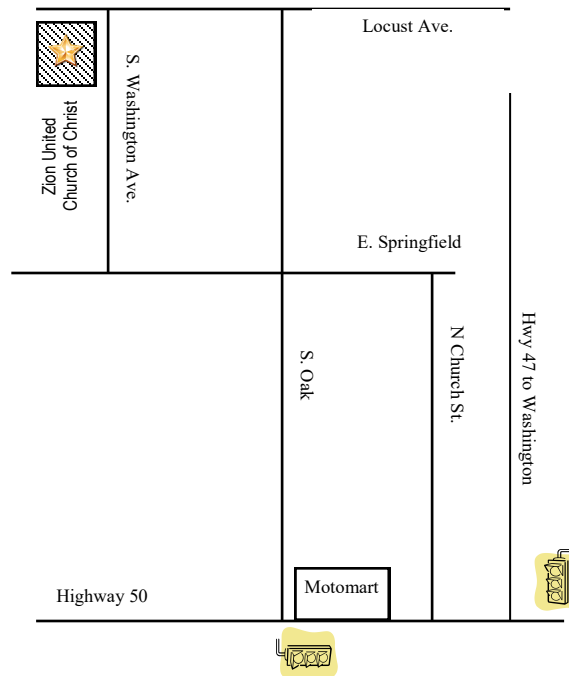
The Stay Strong, Stay Healthy-Level 1 (Basic) program focuses on improving the health and well-being of older adults. The goal of the program is to provide safe, structured and effective strength training for older adults.

The evidence-based curriculum used for this program is adapted by the University of Missouri extension faculty from the StrongWomen program designed by Dr. Miriam Nelson and Rebecca Sequin, MS, CSCS from Tufts University.

The Stay Strong, Stay Healthy-Level 1 (Basic) exercise sessions are led by trained university extension faculty.



MAP TO UNION  
ZION UNITED CHURCH OF CHRIST



**For More Information Contact:**

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UNIVERSITY OF MISSOURI  
**Extension**

an equal opportunity/access/affirmative action/  
pro-disabled and veteran employer  
funded in part by the USDA

*Stay Strong, Stay Healthy* is based on the results of strength training studies in older adults conducted at Tufts University in Boston, Mass. The primary researcher has been Miriam Nelson, whose findings are detailed in "Strong Women Stay Young." Her recent studies have included men as well, who also have seen benefits from strength training.

**Stay Strong,  
Stay Healthy**

2018 Winter Session

An exercise program for older adults.

Targets: strength  
balance  
flexibility

## What we'll do

Stay Strong, Stay Healthy— Level 1 (Basic) is an 8-week exercise program that meets twice a week for 1-hour classes. The program's goal is to improve participants' health and quality of life.

Each 1-hour class includes

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

During the program, you will learn exercises to improve strength, balance and flexibility.

After the program ends, you can continue in the comfort of your own home or with a group.

## What are the benefits?

Strength training can benefit you in many ways:

- Increase muscle strength
- Improve balance
- Enhance flexibility
- Strengthen bones
- Relieve arthritis
- Promote weight maintenance
- Lift depression
- Reduce stress
- Reduce risk of heart disease

## Program Schedule

Mondays & Thursdays  
10:15 a.m. to 11:15 a.m.  
Jan 15—March 8, 2018

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

**Call 636-583-5141 to schedule an appointment for your short one-on-one orientation**

**Wed. Jan 10, from 9 a.m. to Noon**  
**Thur. Jan 11, from 1p.m. to 3 p.m.**  
at the Franklin County Extension Office,  
116 West. Main, in Union.

## Class Schedule:

Jan. 10 & 11	One-on-one Orientation
Jan. 15 & 18	Exercise
Jan. 22 & 25	Exercise
Jan. 29 & Feb. 1	Exercise
Feb. 5 & 8	Exercise
Feb. 12 & 15	Exercise
Feb. 19 & 22	Exercise
Feb. 26 & March 1	Exercise
March 5 & 8	Exercise
March 12 & 15	(Makeup days in
March 19 & 22	case of cancelations)

## Registration Form

### Stay Strong, Stay Healthy Level 1 (Basic)

Class size is limited to 20

\$45 per person must accompany registration

You will receive a \$15 rebate for perfect attendance

*(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