

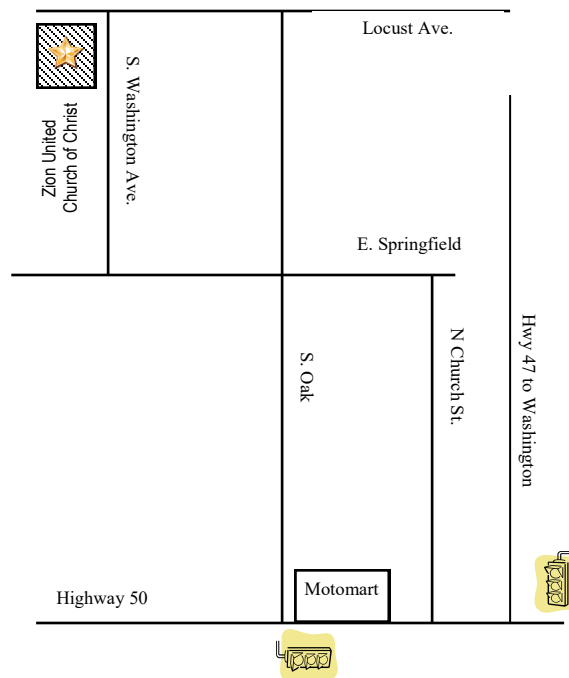
The Stay Strong, Stay Healthy-Level 2 (Advanced) program focuses on improving the health and well-being of older adults. The goal of the program is to provide safe, structured and effective strength training for older adults.

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 2 (Advanced) 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
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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.

2018 Winter Session

Stay Strong, Stay Healthy—Level 2

An exercise program for older adults.

**Targets: strength
balance
flexibility**

What we'll do

Stay Strong, Stay Healthy— Level 2 (Advanced) 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
9:00 a.m. to 10:00 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
Thurs. 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-on 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	(Make up days in
March 19 & 22	case of cancellations)

Registration Form

Stay Strong, Stay Healthy

Level 2 (Advanced)

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