For the first time in several years, I reach around and get my handkerchief out of my back pocket and I climb stairs and walk longer without becoming winded."

"My doctor has been watching me for diabetes, and now that I have been doing these exercises my blood sugar has dropped."

One of the best ways to keep your body and mind functioning at its best is to exercise. Regular strength training helps build muscle and increases bone density, thereby helping to prevent frailty and osteoporosis. Some other health benefits of strength training include:

- Balance
- Arthritis
- Flexibility
- Weight control
- Less depression
- Reduces the risk of heart disease
- Helps manage diabetes

Contact us immediately if you need accommodations because of a disability, need to relay emergency medical information or need special arrangements if the building is evacuated. Contact: Margo Myers, food and nutrition education specialist, 660-665-9866 or myersmk@missouri.edu.

University of Missouri Extension provides equal opportunity to all participants in extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability, or protected veteran status.

Missouri’s Stay Strong, Stay Healthy program is designed to increase aging adults’ access to safe, structured, and effective strength training.

Tuesdays & Fridays
September 1 to November 6
9:30 to 10:30 a.m.
Knox County Community Center
Missouri's Stay Strong, Stay Healthy (SSSH) program is designed to increase aging adults' access to safe, structured, and effective strength training. Over 8 weeks, participants learn exercises to improve their strength, flexibility and balance. During each session, a prescribed set of 8 upper and lower body strengthening exercises are done along with warm-up and cool-down stretches. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.

SSSH is modeled after the evidenced-based StrongWomen program developed by researchers at the Friedman School of Nutrition Science at Tufts University and adapted to include men.

Classes are taught by Margo Myers, University of Missouri Extension nutrition and health education specialist.

What you learn—exercises to improve strength, flexibility and balance.

How you learn—participate in warm-ups, cool-downs and exercises.

Please bring a water bottle and bath towel to each session.

Why you learn—build the strength beneficial to health.

When you support MU Extension’s Stay Strong, Stay Healthy program, participants will increase their physical activity and may improve strength, balance and flexibility, resulting in reduced risk for falls, better overall health and greater independence. These health benefits decrease the likelihood of a participant entering a nursing home, which costs on average $51,465 per year in Missouri\(^1\). The money saved benefits the community by keeping more discretionary income in circulation locally. It also keeps people actively, independently contributing to society longer.

---

\(^1\) The MetLife Market Survey of Adult Day Services & Home Care Costs, 2011

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501

---

**Registration Form**

Pre-register by August 25, 2015

Name ____________________________

Address ____________________________

Phone ____________________________

Email ____________________________

**Program cost**: $40.00

Please bring a water bottle and bath towel to each session.

**Make checks payable to**: Adair County Extension Center

**Return registration form and fee by August 25 to**:

Margo Myers  
MU Extension Adair County  
503 E. Northtown Road  
Kirksville, MO 63501