

Class forming **NOW** at Platte County Senior Center, Wednesdays at 9:30–10:30 a.m. See Specifics Below.

Stay Strong Stay Healthy



# Stay Strong, Stay Healthy

## Strength Training Program

Strength training is no longer just for body builders. **Stay Strong, Stay Healthy** is held in familiar settings such as Senior Centers and church halls, not in the gym. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, and sturdy walking shoes.

### What are the Benefits?

Strength training has many benefits:

- ◆ Arthritis Relief
- ◆ Strengthens Bones
- ◆ Lifts Depression
- ◆ Reduces Risk for Heart Disease
- ◆ Improves Balance and Flexibility
- ◆ Healthy Weight Maintenance
- ◆ Reduces Stress
- ◆ Maintain Healthy Blood Sugar Levels

### Here's What We DO

**Stay Strong, Stay Healthy** is for aging adults who want to improve their quality of life and stay active. Instructors have been trained by University of Missouri fitness staff to lead this program. These types of exercises are easy to learn, safe and effective.

**Stay Strong, Stay Healthy Sessions** include:

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

Over ten weeks you will increase your strength and improve your balance. After the ten weeks are over you can continue the simple strength training program with a group in your neighborhood.

Weights will be available on site and trained volunteers will help you learn and do these exercises safely.

**Dates: Wednesdays, 9:30 –10:30 a.m. Begin October 7 through December 9**

**Location: Platte County Senior Center, 11724 NW Plaza Circle, KCMO 64153**

Registration is required – call Kelly Moehlam, (826-270-4100) at Platte Co. Senior Center, or University Extension (816-407-3490) for registration information. **To register, attend the orientation session on Wednesday, September 23, 9:30 a.m. at the Senior Center.** (Other arrangements can be made if you cannot attend the orientation.)

Registration fee for the whole 10 week series is \$10.00.

#### Sponsors:

Platte County Senior Center  
and

UNIVERSITY OF MISSOURI  
 Extension

OATS (Older Adult Transportation Service) transportation to the Center is available for FREE. Call PC Senior Center to Sign up.

#### For more information call:

Glenda Kinder  
Nutrition & Health Education Specialist  
University of Missouri Extension  
816-407-3490  
kinderg@missouri.edu

This program is based on the results of strength training studies in older adults conducted at Tufts University, Boston MA. The primary researcher has been Dr. Mariam Nelson and her findings are detailed in "Strong Women Stay Young". Her recent studies have also included men and they also have seen benefits in strength training.