

Advanced Stay Strong, Stay Healthy



What is the Advanced Stay Strong, Stay Healthy program?

Like the Stay Strong, Stay Healthy (SSSH) program, the Advanced program is a 10-week strength-training program for older adults.

The goal of the program is to build on the fitness base acquired from the Stay Strong, Stay Healthy (SSSH) program by adding new, more complex upper and lower body strength-training exercises, core exercises, balance movements and stretches.

The program is designed for:

- adults who have already completed SSSH and want to continue strength training
- or**
- adults who have been strength training regularly for six months.

Why strength train?

Strength training has many healthy benefits:

- Arthritis relief
- Improved balance
- Enhanced flexibility
- Stronger bones
- Weight control
- Less depression
- Stress reduction
- Reduced risk of heart disease
- Stable blood sugar levels

Program Details:

Location: Pulaski County Courthouse Community Room in Waynesville, MO

Dates: Mondays & Wednesdays:
Starting February 8 and going through April 21, 2010.

Time: 10:45-11:45am

Price: \$20 per person

For questions or to enroll in the program, please contact:

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After the 10-week program is over, you can continue the strength-training program in the comfort of your own home or with a group.

