

Stay Strong, Stay Healthy is coming to your area:

- Please call to register for the 10 week program. It will be held in the Community Room in the basement of the Pulaski County Courthouse in Waynesville, MO.
- The class will be from 9:30-10:30am every Monday and Wednesday morning starting Monday, February 8, 2010.
- The schedule continues on meeting twice a week on February 8, 10, 15, 17, 22, 24, March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31, and April 5, 7, 12, 14, 19, & 21.
- The Registration fee for the entire 10 weeks is \$20.

For Further
Information or to sign
up for the class
Contact:

The Pulaski County Extension
Office at:
(573) 774-6177
Or by email at:
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Start your New Year
off Right with the
Stay Strong,

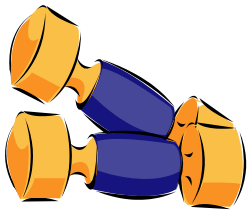


Stay Healthy
Program

Starting
February
8th!

Have Fun Getting
Stronger!

One of the best ways to keep your body and mind functioning at its best is to exercise. Participation in regular strengthening exercises will help you to build muscle and increase bone density. This helps prevent frailty and osteoporosis. Regular exercise improves physical, emotional and mental health. These types of exercises are easy to learn, safe, and effective. Strength training is no longer just for body builders.



Here's What We'll Be Doing

Stay Strong, Stay Healthy is a ten week program for middle-aged and older adults. The program's goal is to improve health and quality of life.

We will be incorporating:

- warm-up exercises
- simple strengthening exercises, with or without weights
- cool down stretches

Over ten weeks you will learn exercises to improve strength and balance.

After the ten weeks are over you can continue the simple strength training program in the comfort of your own home or with a group.

What are the Benefits?

Strength training can benefit you in many ways:

- ❖ Arthritis Relief
- ❖ Improve Balance
- ❖ Enhance Flexibility
- ❖ Strengthen Bones
- ❖ Weight Control
- ❖ Lifts Depression
- ❖ Stress Reduction
- ❖ Reduce Risks for Heart Disease
- ❖ Maintain Healthy Blood Sugar Levels

