University of Missouri Extension’s Stay Strong, Stay Healthy (SSSH) program is a 10 week strength training program for older adults. SSSH is modeled after the evidenced-based Strong Women program developed by researchers at the Friedman School of Nutrition Science at Tufts University.

Stay Strong, Stay Healthy is designed to increase aging adults’ access to a safe, structured, and effective strength training program. At each session a prescribed set of 8 upper and lower body strengthening exercises are done. 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.

**Public Value**

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 $24,455 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.

**Testimonials**

- “For the first time in several years I can reach around and get my handkerchief out of my back pocket and I can 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.”

- “This class has saved my dignity, I’m so grateful for what this class has done for me physically and mentally.”

**Results**

- 97 percent feel better because of the program.
- 94 percent feel physically stronger.
- 85 percent feel that they have more energy.
- 89 percent feel more active and flexible.
- 72 percent now perform strength-training exercises at home.
- 75 percent feel confident or very confident that they will be able to continue the exercises after completing the program.
- 98 percent of the participants were very satisfied with the class.

For more information about SSSH, go online to [missourifamilies.org/sssh](http://missourifamilies.org/sssh)

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\(^1\) The MetLife Market Survey of Adult Day Services & Home Care Costs, September 2008.