

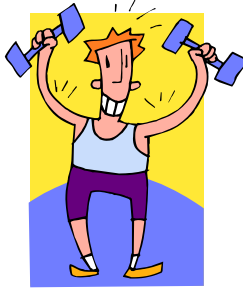
Stay Strong, Stay Healthy

Strength Training Program

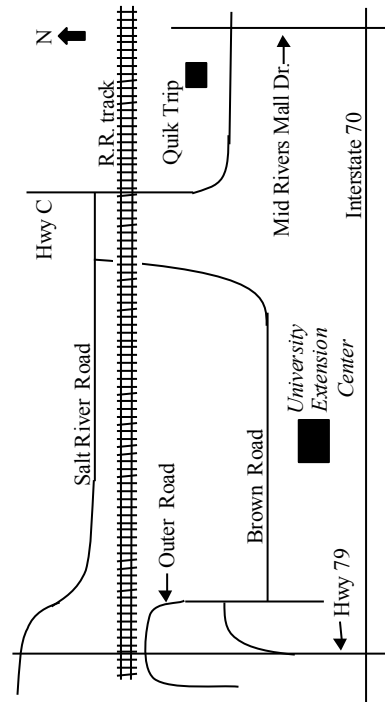
Strength training is no longer just for body builders!

Stay Strong, Stay Healthy

is a program for middle-aged and older adults who want to improve their quality of life and stay active.



Class size is small with 10 to 20 participants. Enrollment is on first-come basis.



University of Missouri Extension

260 Brown Road

St. Peters MO 63376

636-970-3000

<http://extension.missouri.edu/stcharles>

UNIVERSITY OF MISSOURI
Extension

equal opportunity/ADA institution



Tuesdays

September 30 - December 16, 2008

6:00 to 7:00 p.m.

Stay Strong, Stay Healthy is an eleven-week program to help you increase your strength and improve your balance. The exercises are easy to learn, safe and effective.

The program begins with an orientation and pre-assessment, which determines your current balance and flexibility levels. Each of the next eight sessions include warm-up exercises, simple strengthening exercises and cool down stretches. A post-assessment that allows you to see your improvement concludes the program.

Strength training has many benefits:

- ◆ Relieves arthritis
- ◆ Improves balance and flexibility
- ◆ Strengthens bones
- ◆ Maintains healthy weight
- ◆ Lifts depression
- ◆ Reduces stress
- ◆ Reduces risk for heart disease
- ◆ Maintains healthy blood sugar levels

Linda Rellergert, Nutrition and Health Education Specialist, has been trained by University of Missouri fitness staff to lead Stay Strong, Stay Healthy. Contact Linda for more information at rellergertl@missouri.edu or 636-970-3000.

Stay Strong, Stay Healthy

September 30 - December 16, 2008

6:00 – 7:00 p.m.

Classes meet at:

University of Missouri Extension

260 Brown Road

St. Peters MO 63376

- ◆ No need to wear special clothes — just comfortable, loose-fitting pants and shirt along with sturdy walking shoes and socks.
- ◆ Starter weights for in-class use are provided.

- Sept 30 Orientation, no exercise
- Oct 7 Pre-Assessment, no exercise
- Oct 14 Exercise
- Oct 21 Exercise
- Oct 28 Exercise
- Nov 4 Exercise
- Nov 11 No class
- Nov 18 Exercise
- Nov 25 Exercise
- Dec 2 Exercise
- Dec 9 Exercise
- Dec 16 Exercise Post-Assessment



**Stay Strong, Stay Healthy
Registration Form**

Register early — Class size is limited!

Registration Deadline: September 30, 2008

Fee: \$30 per person. Those who attend all sessions and complete pre- and post-assessments will receive a \$15 refund.

Please print

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Day Phone: _____

Email: _____

Check if you need special accommodations because of a disability

Return registration form and a check made payable to University Extension Council to the address below:

University of Missouri Extension
260 Brown Road
St. Peters, MO 63376