



## Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy-Level 2 is an eight-week, evidence-based strength training program designed as a follow-up to Level 1 for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

### What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis pain
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease



### Here's what we do

**Stay Strong, Stay Healthy-Level 2 Sessions include:**

- Warm-up exercises
- Eight to 10 strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your own home or with a group.

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

**Mondays and Wednesdays | February 4 thru March 27, 2019 | 9:00 a.m. to 10 a.m. | Fee: \$69**

**Location:** St. Charles Community College, 4601 Mid Rivers Mall Dr, Cottleville, 63376

**Registration:** opens November 19, call Wendy or Marybeth at 636-922-8233 or visit [www.stchas.edu/learnforlife](http://www.stchas.edu/learnforlife)