

# Stay Strong, Stay Healthy

## Description

Missouri's Stay Strong, Stay Healthy (SSSH) program is designed to increase aging adults' access to a safe, structured, and effective strength training. Over 8 weeks, participants learn exercises to improve their strength, flexibility and balance. During each session, a prescribed set of 8 upper and lower body strengthening exercises are done along with warm-up and cool-down stretches. 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.

SSSH is modeled after the evidenced-based StrongWomen program developed by researchers at the Friedman School of Nutrition Science at Tufts University and adapted to include men.

## Testimonials:



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

## Information



exercises to improve strength, flexibility and balance



participate in warm-ups, cool-downs and exercises



build the strength beneficial to health



Stay Strong, Stay Healthy

Learn to stay fit and active for a lifetime.