INTRODUCTION
As individuals age, it becomes increasingly important to maintain balance, physical strength, and overall health. There is ample research that supports the correlation between continued physical activity and maintained or improved health outcomes in older adults. However, there are a variety of physical and social barriers that limit older adults from continuing to exercise, including a comfortable location to exercise or a lack of knowledge on how to exercise safely or effectively. Stay Strong, Stay Healthy (SSSH) is a community exercise program for older adults. Trained instructors lead strength, flexibility, and balance exercises throughout the 8 week program. The purpose of this study was to examine the impact of single-course participation in SSSH Level 1 on physical health compared to repeated course participation in both Levels 1 and 2. We hypothesized that there would be significant improvements in four measured areas indicative of physical fitness, including Chair Stand, a Sit and Reach, Timed-Up-And-Go, and Back Scratch tests.

RESULTS
Analysis showed a significant improvement in the Chair Stand ($p<0.001$), Sit and Reach ($p<0.001$), Back Scratch ($p=0.002$), and Timed Up and Go variables ($p<0.001$). When participants were stratified by age group (younger=<68yrs; older=>68yrs) no group differences were found in the levels of improvement (all $p>0.159$).

CONCLUSIONS
This data suggests that both single-course and repeated participation in the SSSH program positively impacts physical health. Participants significantly improved in the Chair Stands, Sit and Reach, Back Scratch, and Timed Up and Go tests. Although participants improved at a greater rate throughout their first class, they continued improving at significant rate as they continued attending the program. These improvements suggest that the overall physical fitness of the participants was bettered from participation in the course. Clinical significance should also be considered when examining the variables, as improvements in agility, flexibility, and balance are all important in maintaining independence in older adults. SSSH is ultimately an effective option for older adults looking to participate in a community based exercise program. An increase in community interaction and socialization may be an area of future SSSH research.

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