

**Stay Strong,  
Stay Healthy**



**VIRTUAL!**

## Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. 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
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

Here's what we do

Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight 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 home or with a group.



Register for the program at <https://bit.ly/35h3Hu3>

Cost for the program is \$50 per person.

Participants will meet Mondays and Wednesdays from January 11-March 3, 9:00-10:00am via Zoom.

- Orientation session offered on Wednesday, January 6 at 9:00am

For more information, contact Jennifer Eldridge Houser at the Knox County Extension Office at 660-988-0646.



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