



Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an evidence-based program and classes are held in familiar settings such as senior centers and church halls, not in the gym. 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 has many benefits:

- increases muscle strength
- improves balance
- enhances flexibility
- strengthens bones
- arthritis relief
- weight control
- lifts depression
- stress reduction
- reduced risk of heart disease

Here's What We Do

Stay Strong, Stay Healthy is for older adults who want to improve quality of life and stay active. The exercises are easy to learn, safe, and effective.

Stay Strong, Stay Healthy Sessions include:

- warm-up exercises
- 8 strengthening exercises, with or without hand and leg weights, and
- cool-down stretches



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

Weights will be available on site and trained university extension faculty will help you learn and do these exercises safely.