

Stay Strong, Stay Healthy



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Stay Strong Stay Healthy Program Coming to Marais des Cygnes District

Submitted by Franny Eastwood, Family & Consumer Science Agent

Stay Strong, Stay Healthy (SSSH) is an eight-week exercise program from K-State Research and Extension for older adults and sedentary middle-aged adults. The goal of this evidence-based program is to improve health, quality of life, and maintain independence through strength training. Sessions include warm-up exercises, simple strengthening exercises with or without weights, and cool-down stretches.

The loss of muscle mass can slip up on us without warning. At some point we realize we can't do the things we used to, but also don't know how to counter the process. Kansas State University has launched Stay Strong, Stay Healthy to help older adults regain strength and improve balance and flexibility and overall health in the process.

Despite compelling research about the benefits of muscle strengthening, the majority of older adults, do not currently perform these exercises. There are many reasons, including: fear of injuring themselves, no experience with lifting weights, lack of access to a professional experienced with older populations, expense of fitness centers, which often aren't geared towards older adults, and few community programs. SSSH addresses these problems by providing a safe, welcoming environment where groups of older adults can learn how to strengthen their muscles from certified instructors.

Sessions meet for one hour, twice a week. A day of rest is scheduled between exercise classes. Participants are encouraged to do the exercises on their own one other time during the week. Over the eight weeks, participants learn the exercises and begin to improve strength and balance. After eight weeks, participants are encouraged to continue this effective program at home or with a community group.

Potential health effects for older adults

Aging adults can benefit tremendously from strength training. Strength training can be very effective in reducing the risk factors for many chronic conditions and diseases and, may actually reverse the disease process. The benefits of strength training include:

- Increased muscle mass and strength
- Restoration of balance and flexibility

- Improved bone density and reduced risk for osteoporosis and related fractures
- Decreased arthritis pain
- Weight maintenance
- Reduced risk for diabetes, heart disease and depression
- Improved stress management
- Improved self-confidence, sleep quality and physical vitality

Sessions will meet from 9-10 am on Tuesdays and Thursdays, from September 6 - November 3 at the Redlogic Building, 511 Main Street, Mound City, KS. Registration is due by August 29 with \$20 registration fee. Call the Mound City Extension office at 913-795-2829 for information on how to register.

Instruction will be provided by trained and certified university extension faculty. One + One Yoga also holds classes at the Redlogic Building and is an official Stay Strong Stay Healthy Program sponsor for the Marais des Cygnes Extension District. For more information on the Stay Strong Stay Healthy Program visit: <http://www.k-state.edu/staystrong/>