What is Stay Strong, Stay Healthy?
It is an evidence-based strength training program designed for older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.

Why strength training?
Strength training keeps your body and mind functioning at their best!

What are the benefits of strength training?
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

How does Stay Strong, Stay Healthy work?
The goal is to improve health and quality of life. Classes incorporate:
- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights, and
- Cool-down stretches

Over the course of the program, you will learn exercises to improve strength, balance and flexibility.

After the eight weeks are over, you can continue the strength training program in the comfort of your own home or with a group.

Exercise Classes
Starting Soon!
Marais des Cygnes Extension Office
913 N Pearl St.
Paola KS 66071

2:00 pm-3:00 pm
Group meets twice per week for a total of 16 classes.

(NOTE: August 20 & October 10 classes will be extended from 2:00-3:30 pm to allow for pre/post fitness assessments.)

August: 20, 22, 27, 29
September: 3, 6, 10, 12, 17, 19, 24, 27
October: 1, 3, 8, 10

Call:
913-294-4306
to register.

Registration Deadline:
Friday August 16

Class size limited.

Class fee: $20 ($1.25 per session) to cover program expenses.

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Adapted from a form developed by Tamara Roberts, nutrition and health specialist.