Stay Strong, Stay Healthy in Clay Center

Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases. Here’s the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program in Clay Center!

This eight-week, evidence-based strength training program is designed for older adults who want to improve their quality of life and stay active. It can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health, and state of mind. No, it’s not difficult or complicated weightlifting. You’ll start at a level that’s right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60.

Instruction is provided by Kaitlin Moore, Foods, Nutrition, and Health Agent, and Jordan Schuette, Adult Development and Aging Agent. The class meets for one hour, two times a week at the Clay Center Extension Office Meeting Room. We will offer two different classes, the first will be from 9:00 a.m. to 10:00 a.m. and the second will be from 10:30 a.m. to 11:30 a.m. To register call the River Valley Extension District – Clay Center Office at 785-632-5335. Pre-registration is required, and each class is limited to 10 participants. The River Valley Extension District fee is $20 per person. Due to local funding the Stay Strong, Stay Healthy program fee has temporarily been reduced to $10 per person.

The first week of classes will be held on Wednesday, May 10th, and Friday, May 12th. The other seven weeks of class will be held on Tuesdays and Thursdays. We encourage you to bring a water bottle and snacks will be provided at the end of each class.

Stay Strong, Stay Healthy classes include 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 increase your strength and improve your balance. After eight weeks are over, you can continue the strength-training program in the comfort of your home or with a group. Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

If you have questions about Stay Strong, Stay Healthy or would like to sign up please contact Jordan Schuette, Adult Development and Aging Agent, in the Washington Office at 785-325-2121.

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