

News Release for Immediate Use or Next Issue
Kaitlin Moore, Foods, Nutrition & Health Agent
K-State Research & Extension
River Valley District
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Strength Training Program for Older Adults Coming to Scandia This Fall!

Join us Monday and Wednesday evenings beginning on October 24 and continuing through December 21, at the Scandia Library (318 4TH ST Scandia, KS). Classes will be 5:00-6:00 PM. There will be a total of 16 classes. The first class will be closer to 90 minutes long as there will be a brief orientation and fitness assessment conducted just before starting the exercise class. Water and snacks will be provided at each class. The program fee is \$20 but due to local funding, the fee has temporarily been reduced to \$0! ***I REPEAT, THIS IS A FREE CLASS! This class will be limited to 10 participants so please register in advance.*** Call 785-243-8185 or email kaitlinmoore@ksu.edu.

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.

Stay Strong, Stay Healthy classes include warm-up exercises, eight strengthening exercises, with or without hand and ankle weights, and cool-down stretches. Throughout 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. Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

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

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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