



K-State Extension Connection

FOR IMMEDIATE RELEASE

For more information,

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Strength Building Program for Older Adults Offered in Independence

Wildcat Extension District, part of K-State Research and Extension, is pleased to offer their Stay Strong, Stay Healthy program at the Wildcat District Independence Office, 410 Peter Pan Rd, Suite B, Independence, Kansas. The eight-week strength training program will be held Tuesdays and Thursdays from 10 a.m. to 11 a.m., beginning Tuesday, February 4, 2020 through Thursday, March 26, 2020.

Strength training is no longer just for body builders. 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 shoes.

Stay Strong, Stay Healthy activities include warm-up exercises, strengthening exercises with and without weights, and cool-down stretches. Class members are encouraged to do the exercises on their own once more per week. Weights will be provided for use during the program.

Registration for the class is due by Tuesday, January 28, 2020, with a \$20 registration fee. To register or for more information, call 620-331-2690. Class size is limited.

The Stay Strong, Stay Healthy program is based on the results of extensive scientific strength training research studies conducted with middle-aged and older adults. These studies have been conducted recently by Dr. Miriam Nelson and colleagues at Tufts University. The research found that strength training can help:

- Increase muscle mass
- Improve strength, flexibility & balance
- Increase bone density
- Decrease arthritis symptoms
- Increase metabolic rate
- Maintain healthy blood sugar levels and blood lipid profile
- Improve mood & attitude
- Lift depression
- Allow you to sleep more soundly
- Increase your level of energy

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