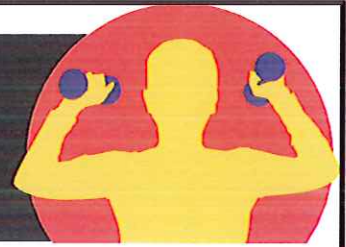


Stay Strong, Stay Healthy



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! Regularly completing strengthening exercises will help you build muscle and increase bone density, preventing frailty and osteoporosis.

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 program's goal is to improve health and quality of life.

Classes incorporate:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- 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 home or with a group.



October 28 - December 19 on Monday and Wednesdays at 10:00AM

Location: Burlington Library, 410 Juniatta St, Burlington KS 66839

Contact: Cassidy Lutz at 620-364-5313

Pre-Assessments will be done prior to the first class by appointment or at the start of the first session.

Cost: \$20 fee will be covered by local funding.

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