

News Release for Immediate Use or Next Issue
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River Valley District
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Strength Training Program for Older Adults Starting in Jamestown January 6th!

Join us Mondays and Wednesdays at the Jamestown Activity Center located at 311 Walnut St in Jamestown, KS. The class will be 5:00-6:00 PM. There will be a total of 16 classes.

January 6, 8, 13, 15, 20, 22, 27, February 3, 5, 10, 12, 17, 19, 24, March 3, 5

The first and last class will be 90 minutes long as there will be fitness assessments conducted just prior to starting the exercise class. Participants are encouraged to bring a water bottle and towel.

The program fee is \$20.

Please register in advance. Call the Concordia Extension Office at 785-243-8185 or email Kaitlin Moore at kaitlinmoore@ksu.edu.

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is a research-based strength training program designed for older adults who want to improve their quality of life and stay active and independent. 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. Over the course of the program, you will increase your strength and improve your balance. After the program is over, you can continue the strength training program in the comfort of your home. 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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