Strength Training Program for Older Adults

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. Classes are held in familiar settings such as senior centers and church halls, not the gym. 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.

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

Over the course of 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.

Here’s what we do
Stay Strong, Stay Healthy classes include:
• Warm-up exercises
• Eight strengthening exercises, with or without hand and ankle weights
• Cool-down stretches

Classes will be held Monday and Wednesday’s starting February 14 through April 6 from 1:00 p.m.- 2:00 p.m.
K-State Research and Extension Office 1081 Stadium Drive Liberal, KS

Call to register 620-624-5604
Must be registered by Friday January 21st
$20.00 participation fee payable to Wild West District