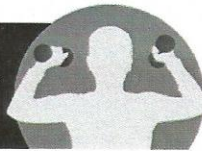


# Stay Strong, Stay Healthy



## 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!

## 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 goal is to improve health and quality of life. Classes incorporate:

- 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 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 own home or with a group.



## Exercise Course Starting Soon!

New Classes will begin in February!

Sign up now!

It's FREE!

Make a commitment to yourself to start and finish this 8-week class twice a week.

You won't be sorry!

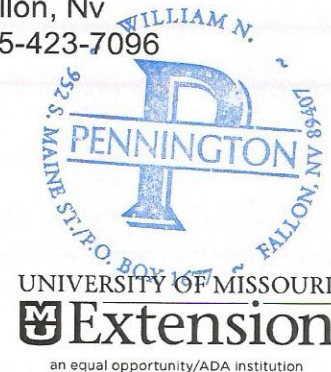
- Several individuals have taken the classes in the past few months and have surprised themselves and their Dr.
- Come to Orientation to get the real success stories.

~~Orientation Feb. 4, 2019 1pm~~

~~Classes start Feb. 5-April 25th~~

~~Tuesdays and Thursdays (two class time schedules offered)~~

William N. Pennington Life Center, 952 S. Maine Street, Fallon, Nv  
775-423-7096



Name

~~Yes~~ Yes No

Mailing Address

City

State

Zip

Telephone

Email

Stay Strong, Stay Healthy



## 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

### 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

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.



Stay Strong Stay Healthy Exercise Class  
William N. Pennington Life Center  
952 South Maine Street  
Fallon

Orientation and Assessment: 1:00 pm Monday 2/4/2019  
Tuesday and Thursday  
1st class: 10:00 am to 11:00 am  
2nd class: 1:00 pm to 2:00 pm

CALL: William N. Pennington Life Center: 775-423-7096