

2013 Strong People Stay Healthy

This program is designed to teach strength exercises for middle-aged and older adults. The exercises use hand and ankle weights to increase leg and arm muscle strength, maintain or improve bone density, and develop better balance and flexibility. Classes meet 2 or 3 times each week for 12 weeks. Weights used are based on the individual's health and fitness assessment. A doctor's approval is required for individuals with chronic health conditions.



Classes will begin in the following locations:



January 7, Akron, Pioneer Haven, 9-10 am

January 8, Washington County Extension, 4 -5 pm

January 8, Perry Bros Seed, Otis, 4:30 -5:30 pm

January 14, Peerless Center, Holyoke, 11:45 am-12:45pm

January 15, Haxtun Community Center, 11:45 am -12:45 pm

January 22, Yuma First Southern Baptist Church, 9 - 10 am

Contact the CSU Extension office in your county for registration information.