

**Free classes for adults
18 years and older!**

Classes meet twice a week for one hour

**8-12 weeks of classes
starting**

December 5th

**Wednesday & Friday
10:30-11:30AM**

**Government Center
Room 270**

Participants Should Wear

- Comfortable, loose, breathable clothing
- Closed-toe shoes with rubber soles, preferably athletic shoes or sneakers
- Minimal jewelry – especially on hands and wrists

Bring

- A water bottle

Nutrition education included



For more information about the Strong Bodies Program in your community, please contact:

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FoodWise Nutrition Coordinator
Douglas County
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Extension-Cooperative Extension
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Superior, WI 54880

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This program is based on the StrongWomen Program- a national evidence-based community exercise and nutrition program created by Dr. Miriam E. Nelson and colleagues @ Tufts University, supported by Cornell University and brought to you by the University of Wi-Extension.

An EEO/AA employer, UW-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential. FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply for food assistance or call 715-395-1304

**Strong Bodies
Strength Training**

Lifting Wisconsin to Better Health



Sponsored by Douglas County



What is **Strong Bodies**

Strong Bodies is a 8-12 week strength training program **for women and men of all ages**. Each class includes progressive weight training, flexibility, and balance exercises.



Strength training can help you stay vital, strong and independent throughout your life.

BENEFITS OF STRENGTH TRAINING

Increases:

- Strength
- Bone density
- Flexibility
- Ability to do Activities of Daily Living
- Mood & Attitude
- Sleep quality
- Social enjoyment

Reduces risk for:

- Diabetes
- High blood pressure
- Heart disease
- Osteoporosis
- Arthritis
- Some cancers
- Risk of falls
- Depression

Join **Strong Bodies**

Dr. Miriam Nelson developed this evidence-based program out of Tufts University in Boston, Massachusetts. The program was originally developed for middle-aged women but has since been proven to be beneficial for all ages and genders.



Everyone can benefit from strength training.