

Free

# Strong Bodies Virtual Strength Training Class

Lifting Wisconsin to Better Health



STRONGBODIES

**Sign Up Today!**

**New Classes run May 4th-June 24th**

**Tuesdays and Thursdays from 9:00 am –10:10 am**

Join us from the comfort of your home

**New Participants Register at:**

<https://go.wisc.edu/745t99>

Returning participants do not need to re-register

Limited exercise equipment available for participant use

## Benefits of Strength Training:

- ◆ **Reduced risk for chronic disease**
  - ◆ Diabetes
  - ◆ High Blood Pressure
  - ◆ Heart Disease
  - ◆ Osteoporosis
  - ◆ Arthritis
  - ◆ Some Cancers
- ◆ **Increased**
  - ◆ Strength
  - ◆ Muscle mass
  - ◆ Bone density
  - ◆ Ability for daily physical activity

**Questions? Contact your local Food Wise Program**

**Julie 715-395-1427 or email [julie.montgomery@wisc.edu](mailto:julie.montgomery@wisc.edu)**

**Tarah 715-395-7443 or email [tarah.nichols@wisc.edu](mailto:tarah.nichols@wisc.edu)**

Offered as a free service by UW-Madison Food Wise Division of Extension -  
Ashland, Bayfield, Douglas & Iron Counties



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DOUGLAS COUNTY

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