



Program background:

The Stay Strong, Stay Healthy-Level 2 program is based on the results of extensive scientific strength training research studies conducted with middle-aged and older adults. The research found that strength training can help:

- increase muscle strength
- improve balance
- enhance flexibility
- strengthen bones
- relieve arthritis pain
- control weight
- lift depression
- reduce stress
- reduce the risk of heart disease



Program details:

Classes will be held twice a week for eight weeks.

Days: _____ & _____

Time: _____

Location: _____

Dates: _____

- The program includes the use of a yoga mat, ankle and hand weights which are provided while in classes. You are encouraged to purchase weights for use at home, if desired.
- A voluntary fitness assessment is conducted prior to the first class and at the end of the program, so you can gauge your improvement.
- Please be sure your attendance is recorded each class.
- Call or email if you will be absent—or make note on the attendance sheet if you know in advance.

Adapted from a form developed by Lynda Zimmerman, nutrition and health specialist

What can I expect to do in the classes?

Arrive 5-10 minutes before class begins to gather your weights and prepare for the one-hour class. If space allows, you may warm up by walking. Each class will start with a warm-up routine. Then we will do the strength training exercises. You are encouraged to safely move to and from the floor to perform some exercises. I will provide exercise modifications if necessary. At the end of the class we will cool down with stretches targeting the muscle groups used. If you must arrive a few minutes late, I will ask you to complete some warm-up activities before joining us on the strengthening exercises.

You will want to:

- Wear comfortable, loose-fitting clothing.
- Wear sturdy, closed-toe walking or athletic shoes.
- Bring a towel, a gardening kneepad or a small pillow for use when transferring to and from the floor for some exercises.
- Bring a bottle or container of water to drink during the class, so you can stay hydrated.

For maximum program benefit, you will want to do the complete exercise routine at home one additional time during the week—allowing at least one day of rest between exercise days.



Safety always comes first:

- Warm up muscles before doing strengthening exercises
- Maintain good posture and form when doing the exercises
- Relax and breathe during exercises (don't hold your breath)
- Increase gradually to heavier weights

USE caution!!! STOP if any of the following symptoms persist:

- | | |
|------------------------------|---|
| • Chest pain | • Hot flashes |
| • Dizziness, lightheadedness | • Severe pain |
| • Nausea | • Flashes of light or changes in vision |

If class must be cancelled:

If class must be cancelled, I will contact you by email or phone to let you know.