



Program Description

Stay Strong, Stay Healthy is an evidence based eight-week exercise program for older adults that meets the recommendation for healthy muscle strength. The program's goal is to improve health and quality of life. The hour long sessions meet twice each week. They include warm-up exercises, strengthening exercises with or without weights, and cool-down stretches. Participants are also encouraged to do the exercises on their own once more during the week. Over the eight weeks, participants learn the exercises and begin to improve strength and balance. After eight weeks, participants are encouraged to continue this program at home or with a community group.

Exercises are completed in a sturdy, armless chair or standing behind the chair for balance. When weights are used, hand weights and adjustable ankle weights are provided for use during each class.

Instruction is provided by trained and certified University of Missouri Extension Nutrition and Health Specialists and Kansas State Research and Extension Agents. A host agency provides the facilities.

This program also seeks to improve muscle mass through safe and incremental progression of muscular challenge. Participants are encouraged to safely challenge themselves. Individuals will likely experience sensations of muscle fatigue during the strengthening exercises and muscle stretching sensations during the stretching exercises. Participants may experience muscle soreness between classes for one or two days. This program is safe and any participant who experiences sharp, persistent, shooting or prolonged pain should consult their care provider and stop exercising.

Stay Strong is a safe and research-based program. It is not:

- Physical therapy
- Occupational therapy
- Cardiac rehab
- Aerobics class
- Weight loss or weight maintenance program
- Social hour
- Yoga
- Pilates
- Zumba, etc.
- We do NOT use exercise balls, exercise bands, machines, or barbells
- We do NOT ask people to grunt, strain, or be in pain (sharp, shooting, etc.). Ever.

Instructor Overview

- ✓ Locate a site
- ✓ Schedule a program
- ✓ Market the program
- ✓ Register participants
- ✓ Complete orientation:
 - Collect Forms
 - Conduct Pre-assessments
- ✓ Conduct 8-week program meeting 2x each week with a day of rest between
 - Safety
 - Warm-up
 - Counting
 - Progression
 - Weights
 - Cool-down
- ✓ Conduct Post-assessments
- ✓ Collect Evaluations
- ✓ Submit reporting