



**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
- 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 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. 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 session, 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 breath)
- Increase gradually to heavier weights

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

- Chest pain
- Dizziness, lightheadedness
- Nausea
- Hot flashes
- Severe pain
- 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.