



Stay Strong, Stay Healthy Program

Program background:

The Stay Strong, Stay Healthy program is based on the results of extensive scientific strength training research studies conducted with middle-aged and older adults. These studies have been conducted recently by Dr. Miriam Nelson and colleagues at Tufts University. The research found that strength training can help:

- Increase muscle mass
- Improve strength, flexibility & balance
- Increase bone density
- Decrease arthritis symptoms
- Increase metabolic rate
- Maintain healthy blood sugar levels and blood lipid profile
- Improve mood & attitude
- Lift depression
- Allow you to sleep more soundly
- Increase your level of energy



Program details:

- Classes will be held twice a week for eight weeks.

Days: _____ & _____

Time: _____

Location: _____

Dates: _____

- Please be sure to record your attendance each week.
- Call or email if you will be absent—or make note on the attendance sheet if you know in advance.
- The program includes the use of ankle and hand weights while in classes. You are encouraged to purchase weights for use at home.
- A fitness assessment is required prior to the first class and at the end of the program.

What can I expect to do in the classes?

Arrive 5-10 minutes before class begins and warm up by walking around the room. Each class will start off with a warm-up activity. Then we will do the strength training exercises. At the end of the class we will cool down with stretches which target the muscle groups used.

You will want to:

1. Wear comfortable, loose-fitting clothing.
2. Wear sturdy, closed-toe walking or athletic shoes.
3. Bring a hand towel or small pillow to use in your chair during one of the exercises.
4. Bring a bottle/container of water for during the session, so you can stay hydrated.

For full benefits of the program, you will want to do the complete exercise routine at home, one or two additional times during the week—allowing at least 1 day of rest in between.

Safety will always come first:

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

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

- Chest pain
- Dizzy, light headedness
- Nausea
- Hot flashes
- Severe pain
- Flashes of light or changes in vision

If the roads are bad...

If class must be cancelled, I will e-mail you by 8 a.m. to let you know. If you do not have e-mail, I will contact you by telephone.

