

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

- ◆ **Reduced risk for chronic diseases:**
 - ◆ Diabetes
 - ◆ High Blood Pressure
 - ◆ Heart Disease
 - ◆ Osteoporosis
 - ◆ Arthritis
 - ◆ Some Cancers
- ◆ **Improved:**
 - ◆ Strength
 - ◆ Muscle mass
 - ◆ Bone density
 - ◆ Mental Health
 - ◆ Ability to do Activities of Daily Living

Interest and Questions Contact:

Stephanie Nault
UW-Extension Marinette County
Health and Well Being Educator
715-732-7519

FREE
12-Week Ongoing
Senior Lifting Class



Extension

UNIVERSITY OF WISCONSIN-MADISON
MARINETTE COUNTY