



**NO MATTER HOW OLD YOU ARE, YOU DO NOT HAVE TO GET WEAKER WITH AGE. STRENGTH TRAINING CAN HELP YOU STAY VITAL, STRONG AND INDEPENDENT THROUGHOUT YOUR LIFE.**

## **NEW CLASSES STARTING**

**ROTARY GARDENS, JANESVILLE**  
7:00- 8:00 a.m., Tuesday and Thursday  
Instructors Dorothy & Nancy (starts Oct 6th—Dec 17)

**CENTRAL CHRISTIAN CHURCH, BELOIT**  
9:30- 10:30 a.m., Tuesday and Thursday  
Instructor Sharon

**MEN GROWING STRONGER**  
**MILTON METHODIST CHURCH**  
10:30 - 11:30 a.m., Tuesday and Thursday  
Instructor Darcy

**ECLIPSE CENTER, BELOIT**  
12:00- 1:00 p.m., Tuesday and Thursday  
Instructor Shana

**MILTON UNITED METHODIST CHURCH**  
12:00—1:00 p.m., Tuesday and Thursday  
Instructor Darcy

**ROCK COUNTY COURTHOUSE**  
12:00- 1:00 p.m., Tuesday and Thursday  
Instructor Colleen

**TRINITY LUTHERAN CHURCH, BELOIT**  
1:00- 2:00 p.m., Monday and Wednesday  
Instructor Peggy (starts Sep 14 to Dec 9)

**JANESVILLE SENIOR CENTER**  
2:00-3:00 p.m., Tuesday and Thursday  
Instructor Darcy

**BELOIT SCHOOL DISTRICT**  
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**EMMANUEL REFORMED CHURCH, CLINTON**  
4:15—5:15 p.m., Tuesday and Thursday  
Instructors Allison/Stacy

**ROCK COUNTY HEALTH CARE CENTER**  
5:00—6:00 p.m., Tuesday and Thursday  
Instructor Sue

**TRINITY LUTHERAN CHURCH, BELOIT**  
5:00—6:00 p.m., Monday and Wednesday  
Instructor Peggy (starts Sep 14—Dec 9)

**EVANSVILLE UNITED METHODIST CHURCH**  
6:00—7:00 p.m., Tuesday and Thursday  
Instructor Nancy (starts Sep 29- Dec 17)

**ADVANCED STRONG WOMEN**  
**EMMANUEL REFORMED CHURCH, CLINTON**  
5:30—6:30 p.m., Tuesday & Thursday,  
Instructor Angie

## **ROCK COUNTY STRONG WOMEN™ 2009 Fall Schedule**

LIFTING WOMEN TO BETTER HEALTH



**STRONG WOMEN**

**AN EVIDENCE-BASED STRENGTH TRAINING PROGRAM DEVELOPED BY THE HANCOCK CENTER AT THE FRIEDMAN SCHOOL OF NUTRITION SCIENCE AND POLICY AT TUFTS UNIVERSITY**

## WHAT IS THE STRONG WOMEN PROGRAM?

The Strong Women Program is a 8-16 week exercise program for middle-aged or older women.

Each class includes progressive weight training, flexibility, balance activities, and nutrition education.



## RESEARCH SHOWS THAT A PROGRAM OF STRENGTH TRAINING

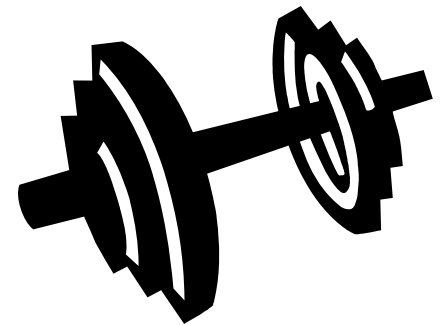
- Improves bone density
- Reduces falls
- Improves arthritis symptoms
- Increases flexibility
- Increases strength

## BENEFITS MENTAL HEALTH

- Improves mood & attitude
- Decreases depression
- Allows you to sleep more soundly
- Increases your level of energy
- Socially, allows you to enjoy others company & build a new circle of friends

These exercises are safe and effective for women and men of all ages, including those who are not in perfect health.

People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity, and back pain often benefit the most from an exercise program that includes lifting weights a few times each week.



THE ONLY EQUIPMENT NEEDED IS:

- A Chair
- Dumbbells
- An ankle weight
- A mat

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The logo for UW Extension, featuring the letters "UW" in a small font above the word "Extension" in a larger, bold, blue font.

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