

NEW CLASSES STARTING

COST: \$35.00 (Scholarships available)
Starting September 15 to December 10, 2009

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 to 10:30 a.m., Tuesday and Thursday
Instructor Sharon

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

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

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

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

TRINITY LUTHERAN CHURCH, BELOIT
1:00 to 2:00 p.m., Monday and Wednesday
Instructor Peggy

JANESVILLE SENIOR CENTER
2:00 to 3:00 p.m. Tuesday and Thursday
Instructor Darcy

BELOIT SCHOOL DISTRICT
TBD

EMMANUEL REFORMED CHURCH , CLINTON
4:15 to 5:15 p.m., Tuesday and Thursday
Instructor Allison/ Stacy

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

TRINITY LUTHERAN CHURCH, BELOIT
5:00 to 6:00 p.m., Monday and Wednesday
Instructor Peggy

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

ADVANCED STRONG WOMEN
EMMANUEL REFORMED CHURCH , CLINTON
5:30 to 6:30 p.m., Tuesday and Thursday, Instructor Angie

Rock County Cooperative Extension Service

U. S. Department of Agriculture
51 South Main Street
Janesville, WI 53545

OFFICIAL BUSINESS
Penalty for Private Use, \$300 (604)

Return Service Requested

Non-Profit Org.

U.S. Postage

Paid

Janesville, WI 53545
Permit No. 1230

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 12 week exercise program for all ages of men and women. Each class includes progressive weight training, flexibility, balance activities, and nutrition education.



To register and get forms, call 757-5694 or for more information & enrollment forms go to: <http://rock.uwex.edu/flp/index.html>
Strong Women of Rock County

The Strong Woman Program was developed by Miriam Nelson, Ph.D., an associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. Studies at Tufts University have shown that one of the best ways to keep muscles healthy and strong is through exercise called strength training-sometimes known as weight lifting or resistance training.

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 Strong Women Class meets twice weekly for 1 hour over the 12 week period

THE ONLY EQUIPMENT NEEDED IS:

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

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.



Angela Flickinger, RD, MPH
Family Living Educator
UW Extension Rock County
51 S Main St.
Janesville WI 53545

Phone: 608-757-5694
Fax: 608-757-5581
Email: angelafllickinger@ces.uwex.edu