

BETter Living ...

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Stay Strong Stay Healthy

Do you get enough exercise each day? Many of us think by walking in our home, workplace, or in our community, that we are getting exercise. Yes, by walking into the grocery store, doctor's office, or home, you are moving, but is it enough. Not only do we require aerobic exercise such as walking, but we all need strength training.

In order to continue to be able to move in our community, we must keep building and maintaining our muscles. With increased muscles, we are able to be more balanced when we move. Strength training has many benefits: increases muscle strength, improves balance, enhances flexibility, strengthens bones, arthritis relief, weight control, lifts depression, stress reduction, and reduced risk of heart disease.

A new program for older adults who want to improve their quality of life and stay active is being offered here in Wabaunsee County called Stay Strong Stay Healthy. This program is eight weeks, and will meet twice each week. The program will run October 11 – December 8 on Tuesdays and Thursdays. There will be no classes taught on October 27 & November 24. The class will be held at Maple Hill Senior Center from 10:30 – 11:30 a.m.

This class is for anyone who is 60 years and older. The program fee is \$20 and registration and payment is **due to the Extension Office by October 3rd**.

For more information, contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, btrieb@ksu.edu.