

June

Stay Strong Stay Healthy
FCE Enhanced Program

Friday, June 12, 2020.....9:30 a.m.

.....Deal Six Auditorium

Presenter: Susan Farley, Extension Agent, Family and Consumer Sciences

Note: wear comfortable clothes and shoes

Eat healthy – check. Get aerobic exercise – check. Do strength training – not so much.

The loss of muscle mass can slip up on us without warning. At some point, we realize we can't do the things we used to but also don't know how to counter the process. Kansas State University has launched Stay Strong, Stay Healthy to help older adults regain strength while improving their balance, flexibility and overall health.

Stay Strong, Stay Healthy provides one-hour sessions, twice a week for eight weeks. Activities include warm-up exercises, strengthening exercises with and without weights, and cool-down stretches.

Other potential benefits of strength training include a decrease in arthritis pain, weight maintenance, and a reduction in the risk of diabetes, heart disease and depression. Stress management and improvement in sleep quality and overall physical vitality are other potential benefits.

During this presentation, Susan will provide participants with researched information on improving the health, quality of life and independence of older adults, as well as lead us through a sample Stay Strong, Stay Healthy mini-class.