

To register for these Penn State University The StrongWomen™ Programs in Cumberland County, please call (717) 240-6500.

StrongWomen™ Programs Available

Carlisle Parks and Rec - 3 Six Week Sessions

Session 1:

Dates: Mon/Wed, Jan. 9-Feb. 15

Time: 6-7AM

Location: Sertoma Club, North St. Carlisle

Session 2:

Dates: Tues/Thurs, Feb. 21-Mar. 29

Time: 9-10AM

Location: Stuart Community Center, Carlisle

Session 3:

Dates: Tues/Thurs, April 17-May 24

Time: 9-10AM

Location: Stuart Community Center, Carlisle

For cost & registration call Carlisle Parks & Rec @ 243-3318

New Cumberland - 2 Eight Week Sessions

Session 1:

Dates: Mon/Wed, Jan. 16-Mar. 7

Time: 6:30-7:30PM

Location: Third St. Gallery, New Cumberland

Session 2:

Dates: Mon/Wed, Mar. 26-May 16

Time: 6:30-7:30PM

Location: Third St. Gallery, New Cumberland

Cost: \$60 per session or sign up for both at the same time and pay \$115.

To register call Penn State Extension @ 240-6500

Mechanicsburg - 1 Eight Week Session

Date: Mon/Wed, March 26-May 21

Time: 9:30-10:30AM

Location: St. Katharine Drexel Parish, Mech.

Cost: \$55

To register call Penn State Extension @ 240-6500

LIFTING WOMEN TO BETTER HEALTH



Penn State Extension Program:

StrongWomen™

An OUTREACH program of the
College of Agricultural Sciences

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U. S. Department of Agriculture.

Visit Penn State Extension on the web: extension.psu.edu

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Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Debbie Hartman at 717-270-4391 in advance of your participation or visit.

This publication is available in alternative media on request.

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Penn State **Extension**

StrongWomen™ Program

A Strength Training Program for Women



Penn State Extension
310 Allen Road, Suite 601
Carlisle, PA 17013
(717) 240-6500

*Please Join us at one of our
three (3) sites!*

extension.psu.edu

PENNSTATE



Cooperative Extension
College of Agricultural Sciences

StrongWomen™ Program

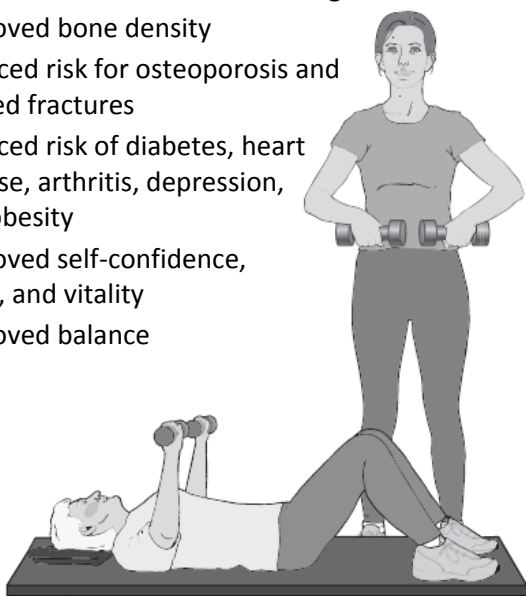


Who should attend?

Women 40 years of age and older who have been active or relatively sedentary for the past few years and are interested in improving their health, vitality, and wellbeing.

Strength training offers physical, mental, and emotional benefits:

- ◇ Increased muscle mass and strength
- ◇ Improved bone density
- ◇ Reduced risk for osteoporosis and related fractures
- ◇ Reduced risk of diabetes, heart disease, arthritis, depression, and obesity
- ◇ Improved self-confidence, sleep, and vitality
- ◇ Improved balance



Classes...what to expect:

- ◇ A five-minute warm-up
- ◇ Eight to twelve strength-training exercises to promote proper body awareness, positioning, flexibility, and posture
- ◇ Easy-to-use nutrition information
- ◇ A five-minute cool-down

Join StrongWomen™

Make a commitment to grow stronger and trimmer, and feel better about yourself.

StrongWomen™ is a safe, simple, and highly effective strength training program.

For more information, contact:

Nancy Routch
Extension Educator
(717) 240-6500

www.extension.psu.edu/cumberland

Did you Know?

Based on research conducted by Dr. Miriam Nelson and her colleagues at Tufts University, we know that women from age thirty-five on can start to lose one-quarter to one-third pound of muscle each year and gain that much more or more in fat*. At first the change isn't especially noticeable, but over time the loss of 2 percent of strength per year results in muscle weakness and difficulty in moving.

When this happens, women slow their activities, become weaker, gain more weight, and begin a devastating cycle of dieting and weight gain rebound, which leads to more muscle mass loss and a sedentary and dependent lifestyle. This doesn't have to be your future.

You can remain vital and strong throughout your lifetime.

Dr. Miriam Nelson and her colleagues at Tufts University's Human Nutrition Research Center researched strength training for older women as a way to reverse the physical changes associated with growing older. The study indicated that after a year of strength training twice a week, women's bodies were fifteen to twenty years more youthful.* Women who participated in the program regained bone and muscle while losing fat. They became stronger, energized, and more active.

As a result of the study, Dr. Nelson published *Strong Women Stay Young*. The book has been translated into *StrongWomen*, a simple, safe, and effective strength-training program for midlife and older women, now offered through local Cooperative Extension offices.

**Tufts University's Human Nutrition Research Center on Aging (Nelson et al., 1994)*