

Strong Women Registration

This form may be duplicated for additional registrations.

Please print in ink or type

Last Name First Name/MI

Home Address

City/State/Zip

Daytime Phone

Email Address

Registration deadline: January 4, 2012

Payment in full must accompany registration form.

*Please let us know if you are a new or returning participant.

New _____ Returning _____

Session Selection (choose one):

_____ *Mondays & Wednesdays - Evening*

_____ *Tuesdays & Thursdays - Morning*

Checks payable to:

“Montgomery County Cooperative Extension”

Send to:

Montgomery County

Cooperative Extension

1015 Bridge Road, Suite H

Collegeville, PA 19426

MONDAYS & WEDNESDAYS

Evening

Sessions: 1/9, 1/11, 1/16, 1/18, 1/23,
1/25, 1/30, 2/1, 2/6, 2/8, 2/13, 2/15, 2/20, 2/22,
2/27, 2/29, 3/5, 3/7, 3/12, 3/14

TUESDAYS & THURSDAYS

Morning

Sessions: 1/10, 1/12, 1/17, 1/19, 1/24, 1/26,
1/31, 2/2, 2/7, 2/9, 2/14, 2/16, 2/21, 2/23, 2/28,
3/1, 3/6, 3/8, 3/13, 3/15

*****New participants will be screened on the first day/night of class. All other participants please come prepared to exercise on the first day/night of class.*****

An **OUTREACH** program of the
College of Agricultural Sciences

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Penn State **Extension**

**STRONGWOMEN
2012**



Montgomery County 4-H Center
1015 Bridge Road (Route 113)
Collegeville, PA 19426

610-489-4315

Tuesdays & Thursdays

Morning Session 9:00 am to 10:00 am

Also

Mondays & Wednesdays

Evening Session 6:00 pm to 7:00 pm

Cost \$60

extension.psu.edu

PENNSTATE



Cooperative Extension
College of Agricultural Sciences

Strong Women

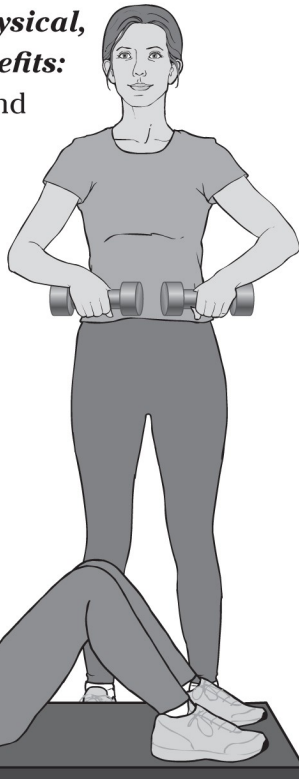


Who should attend?

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 well-being

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 cooldown

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:

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 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)*