COMMUNITY STRENGTH TRAINING PROGRAM FOR WOMEN AND MEN

The Florence County Aging Disability and Resource Center and Health Department are partnering to offer the Strong Bodies Program, an evidence-based exercise program for middle-aged and older adults. The Strong Bodies Classes will be offered at the Wild Rivers Interpretive Center, 5628 Forestry Drive, Florence WI on Mondays and Wednesdays from 10-11am, June 18th through July 18th. Class will not be held the week of July 4th. Each class includes progressive weight training, flexibility and balance activities. The classes are FREE—no cost to attend! Weights are provided but please bring a water bottle and wear sneakers or tennis shoes.

The Strong Bodies Program was developed by Miriam Nelson, Ph.D. and is based upon years of research on how strength training and proper nutrition improve the health of all ages. Research showed that along with poor diet, inadequate physical activity is a major cause of obesity, premature death, and a range of chronic conditions. For adults, the rate of obesity has remained high at 33% in 2018 County Health Rankings in Florence County whereas, the state of Wisconsin is 31%. Adult obesity is associated with a number of serious health conditions including heart disease, diabetes and cancer. Many conditions and diseases are associated with unhealthy diets and insufficient physical activity.

“Strength is a critical factor in living healthier, more active lives. Our research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength,” states Dr. Nelson. The program is appropriate for both sedentary and active adults. All instructors have been trained in the Strong Bodies program and have had personal successes participating and leading strength training.

If you are interested in participating in the Strong Bodies Program, please contact Sara Jerue at the Florence County Health Department (715-528-3426) for required paperwork prior to the first day of class. Need health insurance? Visit access.wi.gov to see if you qualify for benefits.