

Movement to Stay Strong, Stay Healthy

Is there something you are not able to do anymore? Do you think a change in diet or physical activity might make a difference? Learn more about a program that is helping older adults gain and maintain strength.

Stay Strong, Stay Healthy is a strength training class facilitated by K-State Research and Extension for older adults. This fall, sessions will be offered with Cowley College's Golden Tigers program in Arkansas City and at Tisdale United Methodist Church east on Winfield.

Participants start the class with fitness pre-assessments which included activities to assess strength, balance, flexibility and endurance. Group members will meet twice a week for 8 weeks with a warm-up, strength training, cool-down and deep breathing exercises for one hour. The strength training activities included 8 exercises with light to medium weights.

Within a few weeks of starting, participants typically start noticing improvement in their daily lives. Here are comments from past participants:

- “It is easier to back out of parking spots because I can look over my shoulder easier.”
- “I was doing a craft project on the floor and then wondered how I was going to get up. I was able to get up off the floor using the squat technique we had used in class.”
- “It is easier to step up on curbs.”

At the end of eight weeks, participants complete fitness post-assessments. Their pre- and post-test scores are graphed on charts to show comparison data with adults in their age group. Since this class started in Cowley County, all participants have improved in ability in at least one assessment area. In comparison, adults who are not engaging in any strength training activities are gradually decreasing in ability as they age.

My favorite success story was from an 88-year-old participant: “I have had to wash my hair by bending over because I couldn't lift my arms. Today, I caught myself by surprise when I realized I was washing my hair standing straight up. I haven't been able to do that in 20 years.”

Registration is now being accepted for all classes; call 620-221-5450 to register or visit cowley.k-state.edu for more information. Participants are encouraged to seek advice of their health provider if starting a new exercise program. The class fee is \$20 for the series of 16 classes and scholarships are available.

Source: www.k-state.edu/staystrong/

K-State Research and Extension

August 29 - Stay Strong, Stay Healthy at Tisdale United Methodist Church: Level 2 - 1:30-2:30 p.m. or Level 1 - 2:45-3:45 p.m., call 620-221-5450 to register, \$20

September 7 - Stay Strong, Stay Healthy with Cowley College's Golden Tigers, call 620-441-5225 to register through the Golden Tigers program, \$15 course fee plus \$5 Golden Tiger Program Fee

K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan.

Becky Reid
Extension Agent | Family and Consumer Sciences | Cowley County
bkreid@ksu.edu | 620.221.5450