

**PINES COMMUNITY WELLNESS
CENTER'S **STRONG BODIES**
PROGRAM INFORMATION**

- This is NOT a “drop-in” class, it is a 10 week program that requires payment & return of a registration packet and in most cases a doctors consent.
- Classes are limited in size so registration is on a first come/first serve basis for payment and forms received.
- Program is \$50 for the 2x/week 10-week program or \$75 for the 3x/week 10 week program. (This equates to only \$2.50/session)
- There must be at least one day of rest in between each session attended (eg. M/W or T/Th or W/F)
- Sessions are held 4 times per year as follows:

Summer:

Second Week of June—Mid-August
(no session July 4th week)

Fall:

Week after Labor Day—Mid Nov.

Winter:

First full week in Jan—Mid March

Spring:

Last week of March –Last week in May

**PINES COMMUNITY WELLNESS
CENTER'S **STRONG BODIES**
2019-2020 PROGRAM OPTIONS**

***New!* Summer (1 Option)**

June 11– Aug. 22, 2019

(no session July 4th week)

\$50 for Tues/Thurs. 10:30-11:30 am

Instructor: Karen Margelofsky

Fall (3 Options)

Sept. 9– Nov. 15, 2019

\$50 for T/Th 11-12 pm (FULL)

Instructor: Julie Anderson

\$50 for 2 days M, W or F 11-12 pm or

***New!* \$75 for M/W/F 11-12 pm**

Instructor: Karen Margelofsky

(Please specify which days when registering)

Winter (3 Options)

Jan. 6— March 13, 2020

\$50 for T/Th 11-12 pm (FULL)

Instructor: Julie Anderson

\$50 for 2 days M, W or F 11-12 pm or

***New!* \$75 for M/W/F 11-12 pm**

Instructor: Karen Margelofsky

(Please specify which days when registering)

Programs may be adjusted or cancelled at PCWC discretion. Please check with staff at PCWC for most up-to-date program schedules.

**PINES COMMUNITY
WELLNESS CENTER
STRONG BODIES™**

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

AN EVIDENCE-BASED
STRENGTH TRAINING
PROGRAM DEVELOPED BY
THE HANCOCK CENTER AT
THE FRIEDMAN SCHOOL OF
NUTRITION SCIENCE AND
POLICY AT TUFTS
UNIVERSITY



**PINES COMMUNITY
WELLNESS CENTER**



WHAT IS THE STRONG BODIES PROGRAM?

The Strong Bodies Program is for all ages of men and women. It is based upon extensive scientific research and is a series of exercises performed repetitively over a period of at least 10 weeks. Each session includes progressive weight training, flexibility, and balance activities.



To register go to the Pines Community Wellness Center's (PCWC) front desk and pick up the registration packet.

All registration forms & payments are due prior to first class.

The Strong Women/Strong Bodies Program was developed by Miriam Nelson, Ph.D., an associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. Studies at Tufts University have shown that one of the best ways to keep muscles healthy and strong is through exercise called strength training-sometimes known as weight lifting or resistance training.

UW
Extension

University of Wisconsin, U. S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity. This document can be provided in an alternative format by calling (608) 757-5696 (voice) (711 for Wisconsin Relay)

RESEARCH SHOWS THAT A PROGRAM OF STRENGTH TRAINING:

- Improves bone density & muscle mass (stimulates growth of muscle & bone)
- Restores balance & reduces falls
- Eases the pain of arthritis
- Increases strength & flexibility
- Dramatic improvements in glucose control
- Increases metabolic rate
- Reduces risk of heart disease

ADDITIONAL BENEFITS (MENTAL & EMOTIONAL HEALTH):

- Improves mood & attitude
- Improved self-confidence & self-esteem
- Significant improvements in depression
- Improved sleep quality
- Increases your level of energy
- Socially, allows you to enjoy others company & build a new circle of friends



Pines Community Wellness Center

(located inside the Northland Pines HS/MS)- DOOR 16
1800 Pleasure Island Road
Eagle River, WI 54521
Phone: (715) 479-4473 Ext. 3351



These easy to learn exercises are safe and effective for individuals of all ages & abilities, including those who are not in perfect health or suffer with disabilities.

People with health concerns such as arthritis, heart disease, diabetes, osteoporosis, obesity, and back pain often benefit the most from an exercise program that includes lifting weights a few times each week.

The Strong Bodies Program meets for at least an hour for 2-3 non-consecutive days a week for 10 weeks. "No group in our society can benefit more from regularly performed exercise than middle-aged & older adults." - Miriam Nelson, PhD

THE ONLY EQUIPMENT NEEDED IS:

- Hand weights (provided)
- An ankle weight (optional)
- A mat and chair (provided)
- Water bottle (bring your own)
- Clean Gym Shoes (bring & change into)

NO MATTER HOW OLD YOU ARE, YOU DO NOT HAVE TO GET WEAKER WITH AGE. STRENGTH TRAINING CAN HELP YOU STAY VITAL, STRONG & INDEPENDENT THROUGHOUT YOUR LIFE.