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Stay Strong, Stay Healthy Classes Forming

Are you an adult needing to be more active, or trying to stay fit with low-impact exercise? Our Stay Strong, Stay Healthy exercise session is perfect for you!

Registrations are taking place now for this class. These classes will be held at the Grantville United Methodist Church, 3725 South Street, Grantville. The class dates will be Mondays, from 1:00 to 2:00 p.m., and Fridays, from 10:00 to 11:00 a.m. The sessions start on Monday, April 1 and will run until Friday, May 24.

Cost for this 8-week session will be $20.00 for the entire session and payable to the Meadowlark Extension District. Registrations are needed by Friday, March 29, to the Extension Office in Oskaloosa. Our address is 100 East Washington, Oskaloosa, KS, 66066 or 785-863-2212. For additional information contact Cindy Williams, Meadowlark Extension District Agent.

Here are what past participants had to say about Stay Strong, Stay Healthy classes– "I feel stronger, especially in my shoulders." "My posture is good again because my spine is stronger." "I find it easier to get up from my chair and I have more energy!" Strength training is no longer just for bodybuilders. Some of the other benefits of strength training include: improves balance, relieves arthritis, helps with weight control, reduces stress, lifts depression and reduces risks for heart disease.

Each class will include warm-up exercises, eight strengthening exercises, with or without hand and ankle weights and cool-down stretches. Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.