

## StrongBodies™ - Why it is needed

- Osteoporosis is a pediatric condition with geriatric consequences.
- In our mid-forties we lose  $\frac{1}{4}$ - $\frac{1}{3}$  lb. of muscle a year and gain that much (or more) in fat!
- Arthritis affects more than 20 million Americans.

## StrongBodies strength training improves/increases

- Muscle mass
- Strength & balance
- Bone density
- Arthritis symptoms
- Metabolic rate
- Glucose control & lipid profile
- Increases your level of energy
- Socially, allows you to enjoy others' company and build a new circle of friends

## StrongBodies classes meet twice weekly for 10-weeks:

- 5-minute warm-up
- 8 to 12 strength training exercises
- 5-minute cool-down
- Nutrition education

