

# Strong Women



**Make a commitment to becoming healthier and feeling better about yourself! Join the *StrongWomen*™ program sponsored by Penn State Extension! It is a safe, motivating, highly effective weight-bearing physical activity program that includes food, health and nutrition education information.**

### ***Who should attend?***

Women 40 years of age and older who have been active or relatively sedentary for the past few years and are interested in improving their health, vitality and well-being.

### ***Strength training offers physical, mental, and emotional benefits:***

- increased muscle mass and strength
- improved bone density
- reduced risk for osteoporosis and related fractures
- reduced risk of diabetes, heart disease, arthritis, depression, and obesity
- improved self-confidence, sleep, and vitality
- improved balance

### ***What to expect at the classes***

- a five-minute warm-up
- eight to twelve strength-training exercises to promote proper body awareness, positioning, flexibility, and posture
- easy-to-use nutrition information
- a five-minute cool-down

**For more information about the *StrongWomen*™ program, contact:**  
Robin Kuleck, Extension Educator at 814-486-9359. or [rkuleck@psu.edu](mailto:rkuleck@psu.edu).  
[Extension.psu.edu/StrongWomen](http://Extension.psu.edu/StrongWomen)—click on “Upcoming Events”

## **StrongWomen Summer Challenge Class**

Shortened 8 week session for current and past StrongWomen participants. Maintain the strength gains you’ve achieved!

Curwensville Community Center Monday and Wednesday evenings  
5:30-6:45 PM

Start May 16 and conclude July 15

Instructors:  
Rhonda Barrett—Ronda Stiles

Cost \$50  
Checks payable to:  
PSCE Program Funds  
Penn State Extension  
6395 Clearfield Woodland Hwy STE 1  
Clearfield, PA 16830

For over 10 years Penn State Extension has sponsored StrongWomen classes across the Commonwealth. Here’s a sampling of individual success stories.

*“I fell and broke bones in my back so I was in a body cast. Because I was a StrongWomen participant I did much better in Physical Therapy than other patients.”*

*“I’ve noticed that the exercises help relieve my sciatica pain.”*

*“Since I started exercising I don’t need to use my inhaler as much, my breathing is a lot better.”*

*“Continuing this program has been especially vital following surgery for breast cancer. I truly believe it shortened my recovery time.”*

*“I am 82 years old and able to live alone, do my housework and drive.”*

*“After a double hip replacement 3 years ago, this class finally helped me feel “back to normal” eliminating lingering effects of the surgery.”*

*“First time I’ve ever enjoyed doing ‘exercise’”.*

*“Osteoarthritis in 2 knees and 1 hip (other hip replaced) notwithstanding, I have had a wonderful improvement in balance, upper body strength and overall ability to move.”*

### ***Did you know?***

Based on research conducted by Dr. Miriam Nelson and her colleagues at Tufts University, we know that women from age thirty-five on begin to lose one-quarter to one-third pound of muscle each year—and gain that much or more in fat.\* At first the change isn't very noticeable, but over time the loss of 2 percent of strength per year results in muscle weakness and difficulty in moving.

When this happens, women slow their activities, become weaker, gain more weight, and begin a devastating cycle of dieting and weight gain rebound, which leads to more muscle mass loss and a sedentary and dependent lifestyle.

### ***You can remain vital and strong!***

Dr. Miriam Nelson and her colleagues at Tufts University's Human Nutrition Research Center researched strength training for older women as a way to reverse the physical changes associated with growing older. The study indicated that after a year of strength training twice a week, women's bodies were fifteen to twenty years more youthful.\* Women who participated in the program regained bone and muscle while losing fat. They became stronger, energized, and more active.

As a result of the study, Dr. Nelson published *Strong Women Stay Young*. The book has been translated into the *StrongWomen™*, a simple, safe, and effective strength-training program for midlife and older women, now offered through local Penn State Extension offices.

\*Tufts University's Human Nutrition Research Center on Aging (Nelson et al., 1994)

**Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U. S. Department of Agriculture.**

Visit Penn State Extension on the web: [extension.psu.edu](http://extension.psu.edu)

Where trade names appear, no discrimination is intended, and no endorsement by Penn State Cooperative Extension is implied.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Robin Kuleck at 814-486-9359 in advance of your participation or visit.

This publication is available in alternative media on request.

The University is committed to equal access to programs, facilities, admission and employment for all persons. It is the policy of the University to maintain an environment free of harassment and free of discrimination against any person because of age, race, color, ancestry, national origin, religion, creed, service in the uniformed services (as defined in state and federal law), veteran status, sex, sexual orientation, marital or family status, pregnancy, pregnancy-related conditions, physical or mental disability, gender, perceived gender, gender identity, genetic information or political ideas. Discriminatory conduct and harassment, as well as sexual misconduct and relationship violence, violates the dignity of individuals, impedes the realization of the University's educational mission, and will not be tolerated. Direct all inquiries regarding the nondiscrimination policy to Dr. Kenneth Lehrman III, Vice Provost for Affirmative Action, Affirmative Action Office, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901, Email:



# Strong Women Summer Challenge

## A Strength Training Program for Women



12-week series, meeting twice a week  
Grow Stronger, Trimmer, Healthier!

### **Penn State Extension**

6395 Clearfield Woodland Hwy. STE 1  
Clearfield PA 16830  
Phone: 814-765-7878  
Fax: 814-765-3236  
<http://extension.psu.edu/health/strongwomen>

**[extension.psu.edu](http://extension.psu.edu)**