

# 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)

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# Strong Women Summer Challenge

## A Strength Training Program for Women



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

### **Penn State Extension**

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