



Strong Women™ Strength Training Program



Lifting Women to Better Health.

Registration Information

How do You Register?

Step 1. You must attend one of the following pre-sessions

Pre-sessions are scheduled for;

- Wednesday, January 7, 2009 10:am and 3:30pm
 - Friday, January 9, 2009 10:00am
- Call 563-4035 if you cannot make one of these pre-sessions

Step 2. After attending the pre-session, fill out the registration form and health forms, return all to the Extension office with the \$15.00 registration fee.

Make check payable to **Deer Lodge County Extension Program**

Registration is limited to 20 people.

All registration forms and fee are **DUE by January 21, 2009.** Contact Barb Andreozzi at bandreozzi@montana.edu or call 406-563-4035 with questions.

You will receive a confirmation of your registration by phone or e-mail.

Starting

Date: Tuesday, February 3, 2009 thru spring

Tuesdays & Thursdays

Time: 12:00 to 12:45

Fee: \$15.00

Location: Community Service Center, 118 E. 7th Street

Presented by:

**Barbara Andreozzi, Certified Strong Women Trainer
MSU Deer Lodge County Extension**

Must Pre-Register

The Strong Women™ program is an evidence-based strength training program developed by the staff of the Hancock Center at the Friedman School at Tufts University.

The primary objective of *The Strong Women™* Program is to help communities nationwide to implement safe and effective strength training programs for midlife and older women.

What are the Training program Benefits?

The benefits of strength training for mid-life and older women have been studied extensively and include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures
- Reduced risk of diabetes, heart disease, arthritis, depression and obesity

What will You Need?

- Bring a towel or an exercise mat
- Wear comfortable exercise clothing and closed-toe shoes. (Jeans are not recommended)
- (1) Set of 1 lb and 3 lb hand dumbbells to start (No substitutes such as water bottles or cans)
- 1 adjustable ankle weight (5 to 20 lb)