

## What is the Strong Women Program?

Strong Women Program is a strength training program that was developed at Tufts University by Dr. Miriam Nelson to increase bone density, balance, and energy in women age 50 and over. Classes meet for one hour twice a week for 12 weeks. Hand and ankle weights provided by the health department are used in a safe, supportive environment.



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# Strong Women Program

## A Fitness Program for Women

LIFTING WOMEN TO BETTER HEALTH



## Biology of Aging

Did you know?

- Starting in their mid-forties, women lose  $\frac{1}{4}$  to  $\frac{1}{3}$  of muscle per year and gain that much—or more—in fat.
- Approximately 10 million Americans have osteoporosis, 80% of whom are women.
- One in two women will experience an osteoporosis related fracture.
- Arthritis affects more than 20 million Americans, and women are more commonly affected than men.
- Arthritis is a major reason why so many older adults are sedentary, which in turn results in an increase in joint stiffness and pain.

## Benefits

Why should women strength train?

Strength training improves/increases:

- Muscle mass
- Strength and balance
- Bone density
- Arthritis symptoms
- Metabolic rate
- Glucose control and lipid profile
- Mood and attitude
- Decreases depression
- Allows you to sleep more soundly
- Energy level
- A fun group experience that builds a new circle of friends



## Expectations

What does the program consist of?

- **Informational meeting** generally 2 weeks before the start of the program.
- **Fitness Pre-testing** held between the informational meeting and the start of the program.
- **12 weeks of strength training twice weekly**
  - Five-minute warm-up
  - 8-12 strength training exercises
  - Five-minute cool-down
- **Fitness Post-testing** held after the completion of the program.

**Cost of the program is \$35 paid at the first session.**