

AGING PARTNERS

*The Schmieding Foundation
Center for Active Living
(Fitness Center)*

Victory Park Center
600 S. 70th St.
Lincoln, NE 68510-2451



This program is an evidence-based fall prevention class.

**Two class
times
offered!**

StrongBodies Strength Training Program

Victory Park Center, Classroom 105

Tuesdays and Thursdays

9 a.m. and 10:30 a.m.

Jan. 9 through March 28

\$2 suggested contribution per class session

The benefits of strength training for older individuals have been studied extensively and include:

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

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. Classes meet twice a week for 12-week sessions.

**You must register for this class by calling 402-441-7575.
Class size is limited. Walk-ins not accepted.**