



Improved Overall Health

“StrongBones” exercises are safe and effective for women and men of all ages, including those who are not in perfect health.

People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity and back and shoulder pain often benefit the most from an exercise program that includes lifting weights a few times a week.

Physical activity can be performed in bouts of at least 10 minutes. Any physical activity improves health regardless of your body weight. (healthy, overweight, obese)

**Iola-Scandinavia
Community
Fitness and
Aquatic Center**



**StrongBones Classes –
Held on
M & W @ 8-9am,
T & Th @ 10:30-11:30am**

**Class are all held in the
Mishler room at the
Iola-Scandinavia
Community Fitness and
Aquatic Center**

**Please call to see when the next
session will begin.**

Only \$35!

*An evidence – based strength training
program developed by the Hancock Center
at the Friedman School of Nutrition Science
and Policy at Tufts University*



What is the

“StrongBones” Program?

The “StrongWomen/StrongBones” Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women. Dr. Miriam E. Nelson and colleagues have developed and evaluated two curricula. The first is a strength training curriculum to help women maintain muscle mass, strength, and function as they age. The second is heart disease prevention curriculum that focuses on aerobic activity and nutrition.

Benefits of Strength Training Program

- ~ Improved bone density
- ~ Reduced risk for osteoporosis
- ~ Reduced falls and related fractures
- ~ Improved arthritis symptoms
- ~ Increased flexibility
- ~ Increased muscle mass and strength



Benefits Mental Health

- ~ Improves mood and attitude
- ~ Decreases depression
- ~ Allows you to sleep more soundly
- ~ Increases energy
- ~ Have fun enjoying others company

Equipment

- ✓ Dumbbells
- ✓ Hand & Ankle weights
- ✓ Mats

We will have all these items for you to use, if you have your own set of weights please feel free to bring them.

About Us

Iola-Scandinavia Community Fitness and Aquatic Center we are offering a “StrongBones” Program which is a 10 week exercise routine for all ages of men and women. Each class includes weight training, flexibility and balance activities. Classes are held twice a week for 1 hour.

\$35 for 10 Weeks

M & W – 8-9am

T & Thur. – 10:30-11:30am

Contact Us

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