

STRONG BODIES

The Strong Bodies classes meet Monday and Wednesday at 10 a.m. at the Sherman Town Hall. There are three volunteer certified instructors who have been trained to lead this program. All equipment needed is provided. Classes last about one hour. Beginners are welcome and encouraged to attend. All exercises can be adapted for any skill level.

What is Strong Bones? An evidence-based strength training program developed at Tufts University.

RESEARCH SHOWS THAT A PROGRAM OF STRENGTH TRAINING

- Improves bone density
- Improves arthritis symptoms
- Increases strength
- Reduces falls
- Increases flexibility

These 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 pain often benefit the most from an exercise program that includes lifting weights a few times each week.

MENTAL HEALTH BENEFITS

- Improves mood & attitude
- Allows you to sleep more soundly
- Socially, allows you to enjoy others company & build a new circle of friends
- Decreases depression
- Increases your level of energy

The Town of Sherman classes have been meeting since September of 2013. We have had 31 individuals ranging in age from 50 to 90 sign up since the beginning, with a core group of 12 to 14 men and women attending regularly. Members of the class testify to the improvements they have seen in their own lives. Things such as gardening, getting down on the floor to play with grandchildren, doing household chores, or riding a bike become easier. One member testified to how well she did after a serious surgery. Nurses were impressed with her ease of getting in and out of bed.

If you would like additional information contact MJ Slone at twomoonsmj@gmail.com or just show up on Monday or Wednesday. No preregistration is required.