

News Column – Donna Krug, Family & Consumer Science Agent and District Director – K-State Research & Extension – Cottonwood District

Add Stay Strong Stay Healthy Workshop to Your Routine

School is getting ready to start in some format, so kids from pre-school to graduate school will be adjusting to a new routine. But what about you? Are you a life-long learner? Moms and dads, grandmas and grandpas are never too old to learn something new. I don't mean you have to enroll in a formal class, complete with a syllabus and a final exam. I'm talking about the many classes offered in our community through our Extension offices, 4-H and Youth programs, or recreation centers.

I received word earlier this week that K-State Research & Extension Administration has approved a protocol for offering the Stay Strong Stay Healthy program in our community. I am so excited to be able to offer this 8- week program at the Great Bend Activity Center beginning September 1st. The natural aging process offers challenges to many people. While we know from listening to the news and our personal experiences, staying active is a key component in maintaining or regaining health. But if you have noticed that your strength, flexibility or balance isn't what it used to be you may want to consider signing up for Stay Strong, Stay Healthy. SSSH is designed to increase an aging adult's access to a safe, structured, and effective strength training program. Over 8 weeks, participants learn exercises to improve their strength, flexibility, and balance. During each session, a prescribed set of 8 upper and lower body strengthening exercises are done along with warm-ups and cool-down stretches. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.

The 8-week program is set to begin Tuesday, September 1st and ends Thursday, October 22nd. It meets Tuesdays and Thursdays from 10 – 11 am at the Great Bend Activity Center, 2715 18th Street. The registration fee is \$20 and may be paid at the Cottonwood Extension District – Great Bend office, 1800 12th Street, by August 25th. The class size is limited and we will pay close attention to disinfecting chairs that are used in the class. When you register we will schedule a time for a short pre-assessment to be completed.

Call me if you have any questions about the “Stay Strong, Stay Healthy” workshop.

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