

Stay Strong, Stay Healthy



Have fun getting stronger through the Stay Strong, Stay Healthy program.

This program focuses on improving the health and wellbeing of older adults. The goal of the program is to provide safe, structured and effective strength training for older adults.

One of the best ways to keep your body and mind functioning at their best is to exercise. Regular participation in strengthening exercises can help you build muscle and increase bone density, which prevents frailty and osteoporosis.



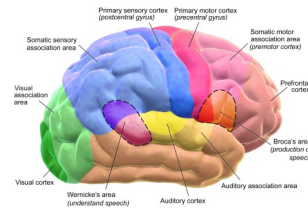
No membership required. No special clothes or equipment needed - weights provided! These exercises are easy to learn, safe and effective.

Stay Strong, Stay Healthy is an **8-week exercise program** that meets **twice a week for 1-hour** classes. The program goals are to improve participants' health and quality of life. Increases muscle strength, improves balance, enhances flexibility, strengthens bones, relieves arthritis, promotes weight maintenance, lifts depression, reduces stress, and reduces risk of heart disease.

This program has been offered throughout our district and some of those classes have continued for many years. In **Sharon Springs** they meet at the Senior Center every Tuesday and Thursday at 9:15 a.m. In **Goodland** there is a group at the First Christian Church on Monday, Wednesday and Fridays at 9:00 a.m. There is a group in **St. Francis** at the Methodist Church and I'm sure some of them would like to get it started up again.

This new group will be held in Goodland at the United Methodist Church, starting on February 4th. Call 785-890-4880 to sign up.

Nourishing the Brain



How does nutrition help brain health?

A varied and balanced eating plan provides essential vitamins that help maintain neural health. A steady energy supply to the brain can allow you to think and learn. Plenty of fruits and vegetables provide the brain with antioxidants that can help decrease inflammation in the entire body, including the brain. A balanced eating plan can support the tasks that brains perform every day, including balance, posture, coordination, and breathing.

The brain is a complex organ that serves as the command center for the body. Sixty percent of the brain is fat, and it is connected to the body via blood vessels and nerves. The brain communicates through neurons, facilitating sensory experiences and bodily movements. The structure of the brain consists of the cerebrum, controlling diverse functions like movement and emotions; the brainstem, regulating activities such as breathing; and the cerebellum, responsible for muscle coordination.

At the end of this program, participants will be able to: Understand brain anatomy and its main functions. Identify foods that aid in cognitive function and identify mealtime strategies to help people with Alzheimer's and Parkinson's disease.

Nourishing the Brain program will be held in all 3 counties.

February 10 in St. Francis in the Extension Office from 12:00-1:00 C.T. 785-332-3171

February 18 in Goodland in the Extension Office from 12:00-1:00 M.T. 785-890-4880

February 19 in Sharon Springs in the Extension Office from 12:00-1:00 M.T. 785-852-4285 or 785-821-0654.

Please call your local office to sign up for the program. Hope to see you then!