

STRONG *People*TM

STRONG BODIES



A Progressive Strength Training Program

StrongPeople Strong Bodies is a community-based strength training program aimed at mid-life and older individuals.

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