



Extension
UNIVERSITY OF WISCONSIN-MADISON

Strength Training Strong Bodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

- ◆ **Reduced risk for chronic disease**
 - ◆ Diabetes
 - ◆ High Blood Pressure
 - ◆ Heart Disease
 - ◆ Osteoporosis
 - ◆ Arthritis
 - ◆ Some Cancers
- ◆ **Increased**
 - ◆ Strength
 - ◆ Muscle mass
 - ◆ Bone density
 - ◆ Ability of daily physical activity

Strong Bodies Strength Training Online (in the comfort of your home)

Tuesdays & Thursdays 9:00 AM (Jan 19th, 2021 - March 11th, 2021)

Join by phone, computer, iPad or tablet

Register here
go.wisc.edu/j5x4lh

For Info: call Julie 715-394-6035 (julie.montgomery@wisc.edu) or Stephanie 715-682-7017 ext 516 (stephanie.bakker@wisc.edu)

**Offered as a free service by UW-Madison FoodWise Division of Extension -Douglas
Ashland, Bayfield, Iron Counties**

University of Wisconsin-Extension provides equal opportunities in employment and programming including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements