

Free



# StrongBodies Virtual Strength Training Class

Lifting Wisconsin to Better Health



STRONGBODIES

**Sign Up Today!**

**New Classes start September 14th, 2021**

**Tuesdays and Thursdays from 9:00 am –10:15 am**

Join us from the comfort of your home

**Participants Register at:**

<https://go.wisc.edu/745t99>

Limited exercise equipment available for participant use



SCAN ME

## 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 for daily physical activity

**Questions? Contact your local FoodWise Program**

**Julie: 715-395-1427, [julie.montgomery@wisc.edu](mailto:julie.montgomery@wisc.edu) - Douglas County**

**Stephanie: 715-682-7017, [stephanie.bakker@wisc.edu](mailto:stephanie.bakker@wisc.edu) - Ashland, Bayfield, Iron County**

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