

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

StrongBodies is a 10-week strength training program for adult women and men.

Classes are held two times a week, and include weight training, flexibility and balance exercises, along with nutrition information.

This proven program has many benefits, including:

- Increased weight loss
- Improved mood and attitude
- Increased strength
- Better sleep quality
- Increased energy
- Increased flexibility

Proven by research to be effective

To learn more about **StrongBodies**, contact **Jill Herz, FoodWise Coordinator** at **262-548-7877** or **jill.herz@wisc.edu**.



Extension
UNIVERSITY OF WISCONSIN-MADISON