

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

*Proven by research to be effective*

To learn more about StrongBodies, contact  
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**FOOD  
WISE**  
Healthy choices, healthy lives.

**LW  
Extension**  
University of Wisconsin-Extension

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