


PURDUE UNIVERSITY PURDUE EXTENSION

STRONG WOMEN STAY YOUNG




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Benefits of Strength Training


- *Arthritis Relief
- *Restoration of Balance and Fewer Falls
- *Strengthening of Bone
- *Proper Weight Maintenance
- *Improved Glucose Control
- *Healthy State of Mind



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- *Sleep Improvement
- *Healthy Heart Tissue




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Making the Chance


- Five Stages of Change
 1. Precontemplation
 2. Contemplation



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3. Preparation
4. Action
5. Maintenance




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Eliminating the Obstacles

“I am too busy – I don’t have time”




“I am lazy—I don’t have the willpower”

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“I am too old or out of shape”


“I am too tired and I don’t have the energy”



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Let’s take the first step to a healthier you with the Strong Women Stay Young Program.



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