

What is Growing Stronger?

Growing Stronger is a community-based exercise program for seniors developed by Miriam Nelson, PhD, from Tufts University. The program involves strength training exercises that have been shown to increase the strength of one's muscles, maintain the integrity of one's bones, and improve one's balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of many chronic diseases and can help reduce older adults' risk of falling.

The Growing Stronger program is based upon years of research on how strength training and proper nutrition improve the health of participants of all ages.

Strength is a critical factor of living healthier, more active lives. Research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength.

The program is appropriate for both sedentary and very active men and women.

Am I Too Old to Start?

You can never be too old to start! In Allegany County residents as old as 104 have achieved success from the program. Participants have found with exercise, their pain decreases and their ability to perform daily activities has improved.

Enroll Today

To enroll in the Growing Stronger program or to simply learn more, please contact Melissa Biddle, Community Health Program Manager with Ardent Solutions, Inc. at 585-593-5223 ext. 15 or via email at biddlem@ardentnetwork.org



Ardent Solutions

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Program funded in part by:
Allegany County United Way, Inc.

www.ArdentNetwork.org



Strength Training Program for Adults 55-years-of-age and older

Eleven convenient locations
throughout Allegany County

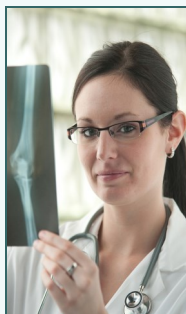
Call today for further
information or to enroll!



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Why is Growing Stronger Important?

Strength training is an important activity for everyone. The National Osteoporosis Foundation states that osteoporosis is a major public health threat for an estimated 44 million Americans or 55% of the people 50 years-of-age and older. In the U.S. 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis. The program is endorsed by the Arthritis Association and the Osteoporosis Prevention Association.



Osteoporosis is a preventable and treatable disease.

Program Components

- ▶ Daily Warm-Up / Cool Down Stretches
- ▶ Strength-Training Exercises
- ▶ Motivational Incentive Prizes
- ▶ Annual Physical Fitness Assessment
- ▶ Annual Participant Self-Assessment
- ▶ Socialization and Fun
- ▶ Education Program Opportunities
- ▶ Invitation to the Annual Senior Gala

Growing Stronger Class Schedule

Join friends in your community to become physically active! Participate in an 1-hour strength-training routine twice a week using hand weights and leg weights. Classes are FREE and are led by trained Growing Stronger Volunteer Leaders.

Classes are currently available at the following sites in Allegany County. Please review the schedule to identify the class that best meet your needs:

<u>Site</u>	<u>Days of Week</u>	<u>Time</u>
Andover	Mon. & Wed.	9:00am
Angelica	Tues. & Thurs.	4:15pm
Belfast	Tues. & Thurs.	9:00am
Belmont	Tues. & Thurs.	9:30am
Bolivar	Mon. & Wed.	10:30am
Canaseraga	Tues. & Thurs.	10:15am
Cuba	Mon. & Thurs.	10:30am
Fillmore	Mon. & Thurs.	10:30am
Friendship	Tues. & Thurs.	10:45am
Wellsville 1	Mon. & Wed.	4:30pm
Wellsville 2	Mon. & Wed.	10:30am

New Participants

New participants are always welcome to the FREE program. All new participants must complete a New Participant Registration Packet which includes the following documentation:

- ▶ Participant Registration Form
- ▶ Participant Consent Form
- ▶ Physician Authorization Form
- ▶ Participant Self-Assessment Form

All of the participant forms must be completed and returned to the site leader before you may begin participating in the Growing Stronger class. Please note, you must receive consent from your physician before you may begin the program.



"Growing Stronger keeps me active and in good health. I enjoy exercising with people I know and can continue to see the benefits of the program as I age."

- Program Participant