



WORKSHOP



PennState Extension

LIFT STRENGTH TRAINING PROGRAM

LIFELONG IMPROVEMENTS THROUGH FITNESS TOGETHER (LIFT)

is an 8 week, in-person strength-training program. Lead by a qualified, trained instructor, sessions include an active warm-up, eight core strength-training exercises, and a cool-down. The program also teaches participants easy ways to incorporate fruits and vegetables in their daily diet.

BENEFITS OF STRENGTH TRAINING:

- ▶ Increased muscle mass, strength, and bone density
- ▶ Reduced risk for osteoporosis and related fractures
- ▶ Reduced risk of diabetes, heart disease, arthritis, depression, and obesity
- ▶ Improved self-confidence, sleep, and vitality

WHO IS THIS PROGRAM FOR?

- ▶ Men and women ages 40 and older
- ▶ Inactive to moderately active adults
- ▶ Those interested in improving their health and well-being

WHAT TO EXPECT AT THE CLASS:

- ▶ A five-minute warm-up
- ▶ Eight to twelve strength-training exercises to “increase strength, improve balance and promote flexibility
- ▶ A five-minute cool-down

Participants will need to bring a water bottle and towel. New participants will be given guidance on purchasing the correct weights for the program.

UPCOMING WORKSHOPS

SIGN UP TODAY.

extension.psu.edu/lift

For assistance with registering for classes or to register by phone, call 1-877-345-0691 between 8:00 a.m. and 5:00 p.m., Monday through Friday.

If you have questions about the class, contact your local Penn State Extension office.

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