

Office on Aging Offering In-Person Strong Bodies Classes in Crandon & Armstrong Creek

Healthy aging is all about quality of life. No matter how old you are, you do not have to get weaker with age. Strength training can help you stay vital, strong and independent throughout your life. The Strong Bodies Program is a 12-week, research-based exercise program for all ages of men and women. Each class includes progressive weight training, flexibility, and balance activities. Benefits from taking part in a program of strength training, which have been shown by research, include maintaining bone density, reducing falls, improving arthritis symptoms, increasing flexibility, and increasing strength. In addition, mental health benefits include improved mood and attitude, decreased depression, sleeping more soundly, increased energy levels and enjoyment of a new circle of friends.

Forest County Office on Aging has been partnering with the UW-Extension for the last five years to offer the Strong Bodies Classes to the older adults in Forest County. We have three trained leaders who volunteer their time and we collaborate with Terri Kolb, Health and Wellness Educator from UW-Extension.

Strong Bodies classes are offered in Crandon at the Crandon Public Library. Strong Bodies Basic is intended for new participants or for those who are not interested in an Advanced session. A Basic session will be held at 9:00 a.m. on Tuesdays and Thursdays, January 11th to March 31, 2022, at the Crandon Public Library, Lower Level. Strong Bodies Advanced is intended for those who have participated in Strong Bodies for at least one twelve-week session with good attendance within the last calendar year. Exercises in the Advanced class will add variety and difficulty for those seeking challenges. Participants in the Advanced program will, as a group, determine the exercises used. There will be a Strong Bodies Advanced session in Crandon at 1:00 p.m. on Mondays and Wednesdays, starting January 10th to March 31, 2022, at the Crandon Public Library, Lower Level.

Terri Kolb will be leading a Strong Bodies basic class in Armstrong Creek at the Armstrong Creek Community Building on Tuesdays and Thursdays from 9:00 am to 10:00 am starting on January 11th to March 31st, 2022.

There is no charge to participants for any of these sessions and weights will be provided. To begin the enrollment process for the Crandon Strong Bodies classes please pick an enrollment form from the Crandon Public Library circulation desk. To begin enrollment process for the Armstrong Creek class you can call Terri Kolb at (715) 365-2756.