

Free



**FOOD
WISE**
Healthy choices, healthy lives.

UW-MADISON EXTENSION

StrongBodies Virtual Strength Training Class

Lifting Wisconsin to Better Health



STRONGBODIES

The WI StrongBodies Program is based on the StrongWomen™ Program created by Rebecca Seguin (Cornell University) and Miriam Nelson (Hampshire College).

Sign Up Today!

New class from Jan. 18th– March 10th, 2022

Tuesdays and Thursdays from 9:00 am –10:20 am

Join us from the comfort of your home

Participants Register at:

<https://go.wisc.edu/745t99>

Limited exercise equipment available for
participant use



SCAN ME

Benefits of Strength Training:

Reduced risk for chronic disease

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

Increased

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability for daily physical activity

Questions? Contact your local FoodWise Program

Julie: 715-395-1427, julie.montgomery@wisc.edu - Douglas County

Stephanie: 715-682-7017, stephanie.bakker@wisc.edu - Ashland, Bayfield, Iron County

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