

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 Strong-Women™ Program created by Rebecca Seguin (Cornell University) and Miriam Nelson (Hampshire College).

Sign Up Today!

New Classes May 3rd-June 30, 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/47st9w>

Limited exercise equipment available for
participant use



Scan to register

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 Coordinator

Bridget: 715-635-4444, bridget.rongner@wisc.edu - Burnett, Sawyer & Washburn County

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

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

Offered as a free service by UW-Madison, Division of Extension, FoodWise

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP. The University of Wisconsin-Madison Division of Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation.