

## What Growing Stronger can do for someone with...

### **Arthritis**

Reduces pain and stiffness, and increases strength and flexibility

### **Diabetes**

Improves glycemic control

### **Osteoporosis**

Builds bone density and reduces risk for falls

### **Heart Disease**

Reduces cardiovascular risk by improving overall fitness

### **Obesity**

Increases metabolism, which helps with long-term weight control

### **Back Pain**

Strengthens back and abdominal muscles to reduce stress on the spine



## An evidence Based Fitness Program Designed for Seniors

Tufts University researchers have shown that the benefits of strength training will improve overall health at any age.

Growing Stronger was developed following the guidelines of this research, along with the American College of Sports Medicine guidelines.

It targets all major muscle groups and improves cardiovascular health. Participants are able to progress at their own pace using free weights.

Individual instruction is available and the program is easily modified to suit every fitness level.

Special consideration is given to participants recovering from injuries.

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## Growing Stronger



## Strength Training for Older Adults

*It is easier than you think*

**No matter how old you are,  
you do not have to get  
weaker with age!**

**Here's how Growing Stronger  
works:**

In one hour twice a week you can learn how to achieve the benefits of the Growing Stronger program

**Part 1**

Strengthens your body slowly and gently, using your own body weight

**Part 2**

Introduces dumbbells and ankle weights to increase strength

**Part 3**

Adds variety with new ways to boost your strength even more



**Did You Know?**

Strength training is one of the best ways to keep your muscles healthy

Strength training helps preserve strength, independence and energy

Strength training can have a major effect on your mental and emotional health

It is never too late to start exercising!

**People have started strength training in their 70s, 80s, even 90s, and you can too!**

**People with health concerns can benefit from an exercise program that includes lifting weights a few times a week.**

Call  
**Eastern Area Agency on Aging**  
and ask about a Growing Stronger class.  
You're body will thank you for it!



**Attending Growing Stronger twice a week will:**

Build strength

Maintain bone density

Improve balance, coordination, and mobility

Reduce your risk of falling

Maintain independence



**What are you waiting for?**

**Get Fit,  
Grow Stronger,  
Feel Great!!**