



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
DOUGLAS COUNTY



*Free*

# Strong Bodies Virtual Strength Training Class

Lifting Wisconsin to Better Health



**STRONGBODIES**

**Sign Up Today!**

**New Classes start September 14th**

**Tuesdays and Thursdays from 9:00 am –10:15 am**

Join us from the comfort of your home

**New Participants Register at:**

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

Returning participants do not need to re-register

Limited exercise equipment available for participant use



## 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 or email [julie.montgomery@wisc.edu](mailto:julie.montgomery@wisc.edu)**  
**Tarah 715-395-7443 or email [tarah.nichols@wisc.edu](mailto:tarah.nichols@wisc.edu)**

Offered as a free service by UW-Madison Division of Extension FoodWise  
Ashland, Bayfield, Douglas & Iron Counties

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