Benefits of Strength Exercises
Halts Bone Loss – and even restore bone
Improves Balance
Trims & Tightens
Improves Posture • Helps Control Weight
Improves Flexibility • Relieves Arthritis Symptoms
Helps Prevent Bone Fractures from Osteoporosis
Reduces the Risk of Heart Disease, Energizes & Revitalizes!

It is never too late to reap the benefits of strength exercises. Beginning-level training will be demonstrated and led in a supportive, small group specifically for women over 40.
The program includes pre and post fitness tests including strength, muscle thickness, bone density, body composition and balance tests.
Commitment is the only cost.

Register your interest at olemiss.edu/hrtraining

Mandatory Orientation:
March 5th at 12:15pm

Fitness Testing:
March 6th to March 16th

Program:
March 17th – May 7th
Tuesdays & Thursdays
12:15pm – 12:45pm

Register: olemiss.edu/hrtraining
Questions? Contact 915-1530 or andreamj@olemiss.edu