

FREE classes for adults
two times a week

Classes Will Meet:

Days: Mondays and Thursdays,
starting January 16th

Time: 12:00 pm - 1:15 pm

Location: UW Extension Office,
212 River Drive, Wausau

At Each Class, Participants Should Wear:

- comfortable, loose, breathable clothing
- closed-toe shoes with rubber soles, preferably athletic shoes or sneakers
- minimal jewelry – especially on hands and wrists

Bring:

- One full water bottle

****All other equipment will be provided**



**To register for the FitWise Program,
please contact:**

Tammy Hansen

FoodWise Nutrition Coordinator,
University of Wisconsin Extension
Lincoln/Marathon Counties

212 River Drive, Suite 3
Wausau, WI 54403

Phone: 715-261-1248

WI Relay 711

tammy.hansen@ces.uwex.edu

**Deadline to register is Friday,
January 6th.. Enrollment is limited.**

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA requirements. Any person requiring special accommodations for attending Marathon County UW Extension FoodWise programs should contact Tammy Hansen at 715-261-1248 or email her at tammy.hansen@ces.uwex.edu in advance of scheduled programs so that appropriate arrangements can be made. FoodWise is funded by the USDA Supplemental Nutrition Assistance Program . SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to apply for food assistance or call 715-261-7500.

FitWise

*Strength Training
Program*

Lifting people to better health

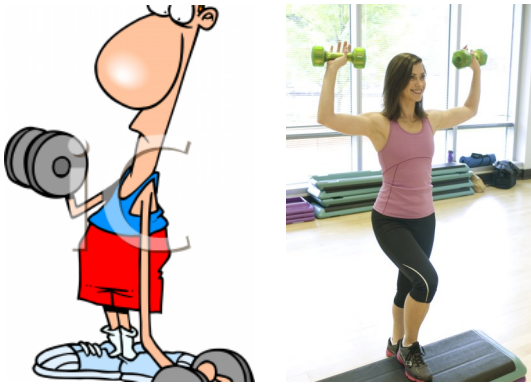


Sponsored by Marathon County



What is FitWise?

FitWise is a 10 week exercise and nutrition education program for all ages of men and women. This is a beginner's class that includes progressive weight training, flexibility and balance activities.



Strength training can help you stay vital, strong, and independent throughout your life.

RESEARCH SHOWS THAT A PROGRAM OF STRENGTH TRAINING

- Improves balance
- Increases strength
- Increases flexibility
- Improves bone density
- Helps to maintain a healthy weight

BENEFITS MENTAL HEALTH

- Improves mood & attitude
- Decreases depression
- Allows you to sleep more soundly
- Increases your energy
- Provides the opportunity to build a new circle of friends

Join
FitWise
Today!

Dr. Miriam Nelson, a professor at Tufts University in Boston, Massachusetts, has developed a strength-training program for adults of all ages, including those who are not in perfect health.

People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity, and back pain often benefit the most from an exercise program that includes lifting weights a few times each week.