Strong Women, Healthy Habits

Strong Women is a national fitness and nutrition program for women. The *Strong Women* program will help you increase your strength, bone density, balance and energy and you will look and feel better. Staying physically active and being properly nourished are two of the most important things you can do to stay healthy for life. The *Strong Women* program has shown scientifically proven benefits for middle-aged and older women.

Enrollment is limited, to pre-register for the ***Strong Women*** classes starting in January and running through February, contact the local Extension Offices in Ada (287-5900), or Owyhee (896-4104) counties.

Classes are held Monday and Wednesday evenings (5:30 pm) in Boise and Tuesday and Thurs. mornings (9:30 am) in Marsing. Class fee is $25.00 for the series of classes. Classes are 1 hour in length and include weight training exercises, aerobics and nutrition topics.

For more information about the ***Strong Women*** program, please contact:
Barbara Abo, Ada County Extension Office, 1-208-287-5900 or babo@uidaho.edu
Marsha Lockard, Owyhee County Extension Office, 1-208-896-4104 or mlockard@uidaho.edu

Healthy Habits

A Challenge for Fitness 8 weeks of Food and Fitness

Eight Weeks of healthy living tips emailed to you, you can challenge yourself and family to eat nutritious foods and be physically active.

Try this non-meeting format! You can work on healthy eating and moving in your own way and your own time. But I ask that you commit to the process when you sign up, you will:

- "Attend" each week by reading each email tip and applying the topic to your life—journaling briefly on a calendar
- Complete the pre-survey before beginning
- Complete the post survey when finished
- Email the instructor once during the 8 weeks with questions, comments, suggestions or ways the information is useful to you.

When: Begins January 8, 2013 and every week Jan 8- Feb 26
Where: The computer where you receive email
Cost: Free, but you will receive the benefits and we want to hear from you with regard to your progress and successes

Name _____

Email address_____

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Barb Abo two weeks before the class at 5880 Glenwood St., Boise, ID, 208-287-5900, babo@uidaho.edu.

University of Idaho, U.S. Department of Agriculture and Ada County cooperating.