



2021 STRONG PEOPLE® STRENGTH TRAINING PROGRAM



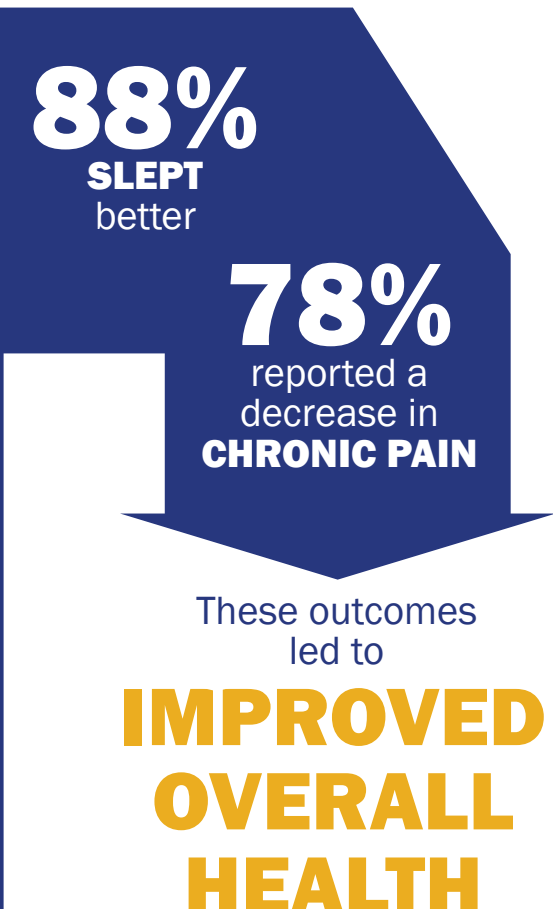
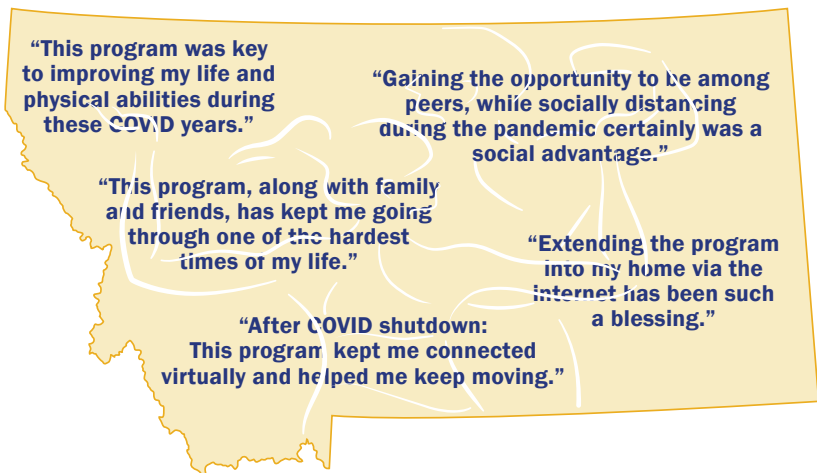
Strong People® is an evidence-based, 12-week program provided by MSU Extension that helps participants increase their joint flexibility, muscle strength, balance, and overall well-being.

Across Montana, 23 new course leaders were trained in 2020 and 2021.

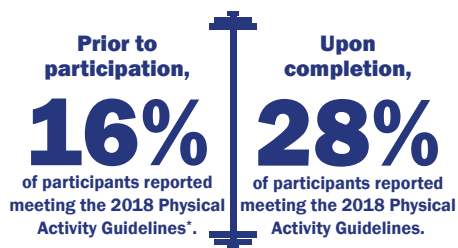


Of those that participated in a 2021 Strong People program*...

Staying strong in the midst of the COVID-19 Pandemic



* 57 participants responded to survey questions



93%
of participants now engage in similar physical activity routines outside of class

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

Key Guidelines for Adults

- ✓ Adults should move more and sit less throughout the day. Some physical activity is better than none.
- ✓ Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- ✓ For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- ✓ Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- ✓ Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Key Guidelines for Older Adults

The key guidelines for adults also apply to older adults. In addition, the following key guidelines are specifically for older adults:

- ✓ As part of their weekly physical activity, older adults should do multicomponent physical activity that includes balance training as well as aerobic and muscle-strengthening activities.
- ✓ Older adults should determine their level of effort for physical activity relative to their level of fitness.
- ✓ Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.
- ✓ When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

Key Guidelines for Adults With Chronic Health Conditions and Adults With Disabilities

- ✓ Adults with chronic conditions or disabilities, who are able, should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- ✓ Adults with chronic conditions or disabilities, who are able, should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
- ✓ When adults with chronic conditions or disabilities are not able to meet the above key guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.

U.S. Department of Health and Human Services. (2018). *Physical Activity Guidelines for Americans, 2nd edition*, Retrieved from https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

For more information about the Strong People Program, or other MSU Extension Health and Wellness Programs, visit: http://www.montana.edu/wellness_extn/index.html

