

Press Release

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FOR IMMEDIATE RELEASE
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Nicholasville, Kentucky – Beginning January 24, the Jessamine County Health Department (JCHD) will offer “StrongWomen,” a free, moderate intensity 10-week exercise program designed to improve muscle strength, balance and flexibility.

In addition to improving their general health and well-being, the program helps women and men guard against the risk of osteoporosis, according to Program Instructor Kylie Chilton. Approximately 80 percent of the 10 million Americans who have osteoporosis are women, and one in two women will experience an osteoporosis-related fracture, according to Tufts University, where the StrongWomen program was developed.

“All women aged 50 and over should consider taking this class, even if they are already in a walking or cardiovascular type of program,” Chilton said.

The benefits of strength training for women aged 50 and above include:

- Increased muscle mass and strength
- Improved bone density and reduced risk for osteoporosis and related fractures
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity
- Improved self-confidence, sleep and vitality

JCHD’s Chilton, Registered Dietician Karen Kakar, and Health Educator Andrea Brown have undergone the Strong Women trainer certification provided by Tufts University and will lead the classes.

Strong Women classes will be held on Tuesdays and Thursdays from 10-11 a.m. at the Jessamine County Health Department in Nicholasville. Registration is not required; light weights and exercise mats will be provided. For more information, call (859) 885-4149 ext. 1033.