

# Resistance Band Exercise With Barb

**Mondays at 11:00 – 11:30 AM**



Resistance bands are inexpensive, safe, transportable and provide seniors with external resistance during weight training.

Strength training builds strong muscles and bones while improving seniors' ability to carry out activities of daily living. According to the American Arthritis

Association, regular weight training fights age-related muscle loss. The Centers for Disease Control and Prevention report that resistance training improves balance and reduces symptoms of chronic disease, including arthritis.

Join us in this fun class designed to strengthening the muscles, tendons and ligaments to improve your range of motion, muscle strength and reduce the pain associated with osteoarthritis.



You'll soon find that maintaining or boosting upper-body strength helps seniors perform everyday tasks, including carrying and lifting. Spine-Health, an online source of information about back health, reports that aging is a risk factor for back pain. Strengthening the back muscles can help lower that risk and treat actual back pain.

***Sign up today for this fun way to work out and gain back your strength!***