

Information on Strength Training for Older Adults

http://missourifamilies.org/sssh/ http://missourifamilies.org/sssh/resources.htm	MU Extension Stay Strong, Stay Healthy Project webpage Links to mini-poster, nutrition lessons, other resources
Email Robin Gammon gammonr@missouri.edu	Stay Strong, Stay Healthy DVD demonstrating exercises; \$10
http://www.strongwomen.com	Dr. Mariam Nelson's webpage. Book titles/ consumer information Stay Strong Stay Healthy program is based on her research
http://nutrition.tufts.edu/research/growingstronger/	Tufts University / CDC project on strength training for older adults
http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/	An additional CDC webpage on the issue of strength training for older adults
http://www.humankinetics.com/ Search for 'senior fitness test kit'	Senior Fitness Test Kit. Helps professionals not only motivate older adults, but also assess the major physiological components of functional capacity so that emerging weaknesses can be detected and treated before causing serious functional limitations.
http://www.ahrq.gov/ppip/activity.htm	Research evidence for the importance of physical activity for older adults. Agency for Health Care Research, Health & Human Services
http://www.cdc.gov/nccdphp/dnpa/physical/everyo ne/recommendations/older_adults.htm	CDC's recommendations for physical activity for older adults
http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/	Nat. Institute on Aging. "Exercise & Physical Activity, Your Everyday Guide" free publication while supplies last (2/09)
http://www.epa.gov/aging/bhc/index.htm	Building Healthy Communities for Active Aging - EPA

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