

LIFT (LIFELONG IMPROVEMENTS THROUGH FITNESS TOGETHER)

LIFT IS FOR AGING ADULTS WHO WANT TO EVOLVE INTO A
MORE HEALTHY, ACTIVE LIFESTYLE



LIFT is an in-person, group-based strength training program that lasts 8 weeks. Participants meet 2x/ week for 1-hour sessions. The classes help improve your strength and mobility, learn healthy food options, and most importantly help form a community.

MAKING TIME FOR EXERCISE CAN CHANGE YOUR LIFE

INTERESTED IN JOINING?

Please complete the LIFT Interest Form
<https://forms.gle/wA69DLxv1PuA7BMB8>

For questions, please contact
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