

## 329 Montanans participated in a Strong People program between 2022-2024

*"It's been a great experience.  
I gained muscle strength & flexibility.  
It's good for mental health, too."*

### Improving Physical Health

98% felt stronger

95% increased stamina

97% improved balance

96% moved more freely and easily

88% reported a decrease  
in chronic pain\*

100% of participants intend to continue  
with similar physical activity routines

Prior to participation 14% of participants  
reported meeting the 2018 Physical Activity Guidelines

**After participation 24% of participants reported  
meeting the 2018 Physical Activity Guidelines**

\*of those with chronic pain

### Improving Mental Health

97% strengthened social ties

86% felt less stressed

85% felt less anxious

77% slept better

97% intend to maintain the friendships  
made in class



*"Great program thank you!"*

*"The work out sessions were  
the highlight of each week."*