

In partnership with PBS Wisconsin, making wellness accessible for all

Improve your health, build strength, and stay active with StrongBodies. Available in three languages to support our diverse community: English, Spanish, and Hmong. Scan a code to start!

English - StrongBodies

Strength training for all ages to improve overall health.



Spanish - Gentefuerte

Entrenamiento de fuerza para aumentar fuerza, flexibilidad y resistencia.



Hmong - Lub Cev Muaj Zog

Lub Cev Muaj Zog pab kom lub cev muaj zog, muag, thiab ua taus ntev.



Health & Well-Being Institute division of extension university of wisconsin-madison

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