As you get older, keeping up your strength is vital for living a full, active life. But is the way you worked out as a kid still the best way? Learn a sustainable way to build and keep muscular strength at any age, without wasting time or getting injured.

Instructor: Dave Durell, Co-Owner, Rock Solid Fitness (Dunedin, Florida)

Register through the Employee Learning Center at www.princeton.edu/training

Dave Durell, MS, PTA, and his wife, Patty, are co-owners of Rock Solid Fitness, a thriving personal-training studio in Dunedin, Florida. He has been helping people from all walks of life get stronger and healthier for nearly 40 years. Dave holds a master’s degree in health fitness administration and is a licensed Physical Therapist Assistant. (website: www.StrengthAfter50.com)