

Standing on one leg as a measure of aging

Vocabulary Match

measure ● declines ● efficiency ● independent ● significantly ● increases ●
● free ● drops ● effectiveness ● grows ● greatly ● test

Article

A recent Mayo Clinic study highlights that standing on one leg is a key measure of aging. Published in PLOS ONE, the research shows that balance declines faster with age than strength or walking ability. Good balance, muscle strength, and walking efficiency are crucial for staying independent as we age.

The study involved 40 adults over 50 who completed balance, grip strength, and walking tests. Results showed that balance, especially on the non-dominant leg, declines significantly with age. Poor balance increases the risk of falls, a leading cause of injury in older adults.

Training balance is simple and effective. Dr. Kenton Kaufman recommends standing on one leg daily to maintain health and independence.

Quiz

1. What declines faster with age according to the study?
2. How many adults participated in the study?
3. What increases with poor balance?
4. What does Dr. Kenton Kaufman recommend for maintaining balance?

Conversation

A: Hey, did you hear about the leg balance thing?
B: Yeah, I tried it today. I almost fell over!
A: I know, right? It's harder than it sounds.
B: Yeah, especially with your eyes closed!
A: I guess we better practice every day then.
B: Okay, let's see who can do it the longest by next week.

Discussion

1. Have you ever tried standing on one leg for a long time?
2. What exercises do you do to stay healthy?
3. Do you know anyone who has good balance? What do they do?