



# THE IMPORTANCE OF BEING ACTIVE



More people  
More active  
More often



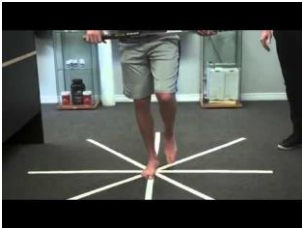
Take 20! Being active for at least 20 minutes every day can go a long way towards keeping you healthy.



# THE IMPORTANCE OF BEING ACTIVE!

Physical activity can improve your health and reduce the risk of developing diseases like type 2 diabetes, cancer and heart disease. Physical activity and exercise can have immediate and long-term health benefits.

You may have taken your flexibility for granted when you were in your teens and twenties. As you get older, you might find it difficult to bend over to tie your shoelaces (or your kids' shoelaces), hook your bra, or turn your head when you back your car out of a parking spot. That's because you lose balance and flexibility with age. Increasing your balance and flexibility will enhance your life and allow you to continue performing activities that may get harder as you get older. So, regular activity can improve your quality of life. Here are a few tests to give you an idea of how you are doing:



## Single-leg balance (easy) <sup>1,2</sup>

You probably don't give your sense of balance much thought, but being able to maintain your balance on one foot in a variety of situations is a very real marker of personal health. Lack of balance is a predictor of fall and injury risk.

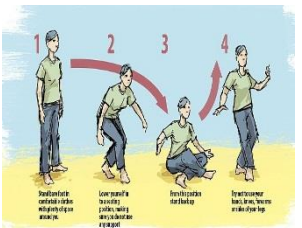
*Standing on one foot in a variety of situations*



## Functional sock activity (moderate) <sup>3</sup>

Putting on socks or tying your shoelaces - simple activities of daily living can become a challenge as we age and balance and flexibility decreases. This functional activity will give you an indication of your activity limitations and restrictions of your muscle and skeletal system.

*Put on socks standing maintaining your balance*



## Sit-rise test (difficult) <sup>4,5,6</sup>

Without worrying about the speed of movement, try to sit and then to rise from the floor, using the minimum support that you believe is needed. Balance and strength can be good indicators of overall health. This activity tests specifically your muscles and movement ability as a way to predict life longevity.

*Sit cross legged and rise without using your hands*

## References

- <sup>1</sup> Decrease in timed balance test scores with aging. RW Bohannon, PA Larkin, AC Cook, J Gear... - Physical ..., 1984
- <sup>2</sup> One-leg balance is an important predictor of injurious falls in older persons. BJ Vellas, SJ Wayne, L Romero... - Journal of the ..., 1997 - Wiley Online Library
- <sup>3</sup> The sock test for evaluating activity limitation in patients with musculoskeletal pain. LI Strand, SL Wie - Physical therapy, 1999
- <sup>4</sup> "A Simple Test Assessing Ability to Sit Up From The Floor Predicts Mortality Risk". Medical News Today. 2012-12-14. Retrieved 2013-12-18
- <sup>5</sup> Jump up ^ Metzl, Jordan (2013). The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life. p. 3. ISBN 1623360102. Retrieved 2013-12-18
- <sup>6</sup> Jump up ^ De Brito, L. B. B.; Ricardo, D. R.; De Araujo, D. S. M. S.; Ramos, P. S.; Myers, J.; De Araujo, C. G. S. (2012). "Ability to sit and rise from the floor as a predictor of all-cause mortality". European Journal of Preventive Cardiology. doi:10.1177/2047487312471759