

Having A Sufficient Leg StrengthBank™ Safeguards An Independent Lifestyle

OPTIMAL LEG STRENGTH



AT RISK

With a small StrengthBank™, a medical event ○ (like a fall, the flu, or a UTI) will negatively impact your independence and quality of life.

MINIMAL STRENGTH REQUIRED FOR INDEPENDENT MOBILITY

tandem
Strength & Balance®

TandemSB.com 952-746-3222

Functional Leg Strength is Important. But how Important?

Functional leg strength is mandatory if you want to maintain your independence as you age, such as:


1. moving around your house and community without a cane, walker or wheelchair,
2. getting in and out of your car and the bathroom on your own,
3. walking up steps to reach your bedroom or your family's dinner party and
4. being able to live safely in your home surrounded by your loving family and pets.

The strength of your legs has been found to be a key predictor of your longevity, both how long you will live and the quality of life as you age. Functional leg strength isn't achieved by walking, biking, swimming or golfing; it requires resistant-strength training.

Do you struggle with the following:

- ☐ Recent falls
- ☐ Difficulty with stair climbing
- ☐ Difficulty rising from a seated position
- ☐ Difficulty while walking and/or:
 - ☐ Picking up feet, stumbling more
 - ☐ Lack of coordination, losing balance
 - ☐ Standing upright versus bent over
- ☐ Decreased speed of movements
- ☐ Decreased power of movements
- ☐ Decreased endurance and sustained power

Based on your answers, find your functional leg strength analysis below:

	NAME _____	DATE _____
	<input type="checkbox"/> Great (0 ✓'s) <i>Functional leg strength is adequate.</i>	
	<input type="checkbox"/> Average (2 ✓'s) <i>Functional leg strength weakness is occurring.</i>	
	<input type="checkbox"/> Mild Weakness (4 ✓'s) <i>Safe mobility and independence is in question.</i>	
	<input type="checkbox"/> Severe Weakness (5+ ✓'s) <i>Quality of life is diminishing.</i>	

GET STRONG. STAY STRONG. Contact Tandem Strength & Balance today at 952-746-3222.

Additional Benefits of Functional Leg Strength:

- Functional leg strength also provides a buffer when unforeseen health issues develop. The larger your StrengthBank™ the less likely you are to fall if you get a bladder infection, cold or flu.
- If you should require surgery, a sufficient StrengthBank™ speeds up recovery, decreasing hospital and rehab center stays.
- Functional leg strength keeps living costs to a minimum while maximizing your quality of life.