Having A Sufficient Leg StrengthBank™ Safeguards An Independent Lifestyle



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:

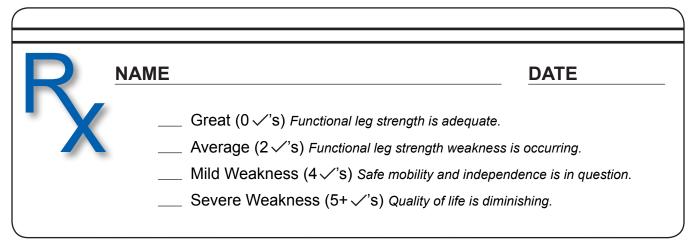
- 1. moving around your house and community without a cane, walker or wheelchair,
- 2. getting in and out of your car and the bathroom on your own,
- 3. walking up steps to reach your bedroom or your family's dinner party and
- 4. being able to live safely in your home surrounded by your loving family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

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 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:



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.