



Mayo Clinic Minute: What standing on one leg can tell a person about how well they're aging

Video	Audio
	Aging can be a balancing act, and according to Mayo Clinic research, your ability to balance on one leg can be a meaningful measure of aging.
	"Well, this was a study looking at markers of aging in older adults."
	Forty healthy, independent, community-dwelling people over age 50 underwent various tasks known to be markers of aging, including balance.
Kenton Kaufman, Ph.D. Orthopedics Mayo Clinic	"So that we were comparing different markers of aging and trying to see which one was the most predictive of declines with aging."
	Dr. Kaufman says, if someone can stand with all of their weight on one leg for 30 seconds, they're doing very well.
	"Balance is complicated. It involves many different systems. It involves your vision, your vestibular system, your somatosensory system and your neuromuscular system. All those have to work in coordinated fashion to keep you on one leg."
	All of those systems deteriorate with age and increase the risk of falls. The good news is it's never too late to improve your balance, it just takes practice.
	"Try it at home. It's very simple, easy to do. It's quick, if you are unable to stand on your leg for at least five seconds, then it's important that there's probably something that you need to do to improve your balance because you're at risk of falling."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.

