**Why is Leg Strength so Important to my Balance?**

1. Leg strength is a life indicator.
2. Cardiovascular disease
3. Polypharmacy – constipation and impacts of gravity
4. Socializing – Participating in hobbies and social events, playing with grandkids/friends.
5. Having the ability to attend social events (sporting events, concerts, plays and all sorts of stadiums one may encounter)
6. Independence (mobility and freedom)
7. Quality of life and life longevity
   1. SL Balance and the British Journal of Sports Medicine study (<https://www.bmj.com/company/newsroom/inability-to-stand-on-one-leg-for-10-seconds-in-mid-to-later-life-linked-to-near-doubling-in-risk-of-death/>)

* What are the three Life indicators:

1. Vo2 max
2. Ability to build lean muscle tissue
3. Leg strength

* If you cannot stand for an extended period of time, you are not able to do other exercises that can have a positive impact on your health.
* The impacts gravity can have on the digestive system and how it pulls down everything… I think you know what I mean!
* The impacts socialization can have on the brain along with exercise is enormous! The brain is malleable.
* Social events and maintaining a social circle is critical to maintain a healthy life and body.
* We all want to stay independent for as long as possible. The BU motto is to “stay strong, mobile and independent for the rest of your life!
* Quality of life is directly tied to leg strength.