

## Strength and Balance

Balance and strength are important aspects of aging with vitality, helping us avoid falls and loss of activities we enjoy.

**balance:** “an even distribution of weight enabling someone or something to remain upright and steady.”

### ***How does balance work in our body?***

Eyes—give us visual cues about our environment to prepare for potential dangers and obstacles

Inner ears—give the brain important information about the position of our head and body in relation to space and gravity

Joints and feet—sense the ground to remain stable and upright



**strength:** “the quality or state of being physically strong”

### ***What role does muscular strength play in our balance?***

We all benefit from having a strong body at every age of life.

We need muscle strength to:

- ◆ avoid injuries, falls, and pain
- ◆ complete daily activities
- ◆ protect our joints during movement
- ◆ offset bone loss and help increase healthy bone tissue
- ◆ pursue an active life



Yoga and Pilates, along with walking, biking, strength training, and other forms of exercise, are key to remaining strong and balanced! Exercise regularly to see how these change how you feel, move and live, creating a better quality of life for yourself!