3 Balance Exercises That Predict How Long You'll Live - I Tried Them All Transcript

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Introduction to testing

What if your balance What if your balance could predict could predict how well you'd how well you'd age, better than age, better than your weight? Hi, I'm your weight? Hi, I'm Deborah Atinson, Deborah Atinson, founder of Flipping 50. And founder of Flipping 50. And listen, scales are listen, scales are important if you're important if you're tracking your tracking your muscle mass and body fat percentage. So, you body fat percentage. So, you track the track the track the actual weight composition.

But testing your But testing your fitness and fitness and your ability to your ability to move through life with move through life with good good good functionality is functionality is functionality is also very important. This is exactly what also very important. This is exactly what we we we will be doing today. Are will be doing today. Are you ready? So you don't you ready? So you don't need to need to need to change clothes. I change clothes. I just came from the just came from the podcast. I am very podcast. I am very well dressed from the well dressed from the waist up, and I am wearing waist up, and I am wearing denim shorts.

Come on. You just Come on. You just need to be need to be barefoot if you can. barefoot if you can. If not, the shoes If not, the shoes will fit. But will fit. But remember, if you remember, if you compare compare compare later, test in later, test in exactly the same way. Either exactly the same way. Either barefoot both times, barefoot both times, or in shoes both or in shoes both times. Shoes of the same times. Shoes of the same type. Good. So, all type. Good. So, all you need is a you need is a kitchen or dining kitchen or dining chair. And ideally, chair. And ideally, you don't want a you don't want a bar stool, but bar stool, but something about 16 and something about 16 and 12-17 inches tall.

12-17 inches tall. By the way, this is standard. By the way, this is standard. So if you just So if you just take your take your dining chair, it's dining chair, it's probably just like probably just like that. If you want that. If you want to measure it, you can. Otherwise,.

Single leg stand test

Otherwise, just make sure you you you use it use it now, and now, and again next time. We again next time. We will conduct three tests. will conduct three tests.

The first two The first two don't need a chair. It don't need a chair. It will be used in the following will be used in the following. And. And I will I will interpret as I go.

interpret as I go. Now I'll look Now I'll look at the clock here. I at the clock here. I 'll look at the 'll look at the second hand because, second hand because, unfortunately, I do unfortunately, I do n't have a working n't have a working watch right now. So, the watch right now. So, the first test is very first test is very simple. You've probably simple. You've probably done this before.

done this before. It's just a stand on It's just a stand on one leg. It's as one leg. It's as simple as it sounds. simple as it sounds. Simply lift Simply lift one leg off the floor.

one leg off the floor. So I'll look at the So I'll look at the clock. I'll let clock. I'll let you know when you you know when you reach 10 seconds, reach 10 seconds, but keep going if you but keep going if you can. At 30, I'm just can. At 30, I'm just announcing. And if you announcing. And if you go all the way, go all the way, great. Okay, then the great. Okay, then the first stage, your first stage, your choice. Ready?

choice. Ready? Let's start. So, Let's start. So, here we are. Perfectly. 5 seconds here we are. Perfectly. 5 seconds have passed. It's so fast. have passed. It's so fast.

You can put your You can put your hands on your hips. You hands on your hips. You can set them can set them aside. You can aside. You can do anything.

do anything. You have passed 10 seconds. And You have passed 10 seconds. And then 15. Then 20. 25. And then 15. Then 20. 25. And if you're still standing, if you're still standing, you can stop at you can stop at 30 seconds. Absolutely. Write it down. Write it down potentially. So, for potentially. So, for me, it was my left me, it was my left leg and I went 30 leg and I went 30 seconds. I'll tell you what that seconds. I'll tell you what that means in a means in a minute. Let's minute. Let's do the other side.

do the other side. So, when you're So, when you're ready, three, two, one, ready, three, two, one, begin. Again begin. Again, I don't know why, I don't know why my hands are here. I can my hands are here. I can lower them along the lower them along the body. You can body. You can put them on your hips. Moving them is probably. Moving them is probably the least useful. You are the least useful. You are 15 seconds away. I know.

15 seconds away. I know. I promised I'd tell I promised I'd tell you at 10. I guess I'm you at 10. I guess I'm lying. That's it. 20 lying. That's it. 20 seconds. 25. And if you're still seconds. 25. And if you're still standing, you did it standing, you did it in 30 seconds.

in 30 seconds. Fantasy. If you're Fantasy. If you're about my age, about my age, I'm 62. If you I'm 62. If you did it in 30 seconds did it in 30 seconds in terms of the norms that in terms of the norms that interpret your interpret your result, then 30 result, then 30 seconds puts you seconds puts you here, you're way here, you're way above average, and above average, and believe me, you want to believe me, you want to be like that. There are many be like that. There are many people who are people who are not feeling very not feeling very well. They don't well. They don't play sports.

play sports. So, if you have So, if you have good balance, good balance, regardless of whether regardless of whether you play sports you play sports or not, well done.

or not, well done. Just know that you Just know that you want to be there. So I would want to be there. So I would continue to continue to work on it. Don't lose yourself work on it. Don't lose yourself. But periodically. But periodically take this test.

take this test. You don't need You don't need any equipment, any equipment, just a stopwatch. If just a stopwatch. If you have 10 seconds or you have 10 seconds or less on either less on either leg, it increases the leg, it increases the risk of falls. You risk of falls. You should pay should pay some attention to this.

some attention to this. Give it a little Give it a little love every day. So love every day. So when you brush your teeth when you brush your teeth at the sink, at the sink, especially the leg that especially the leg that was less strong or was less strong or did did did the job worse, try to the job worse, try to use this time use this time you have to you have to work on your work on your balance. If there balance. If there was a significant difference between one and the other was a significant difference between one and the other, I would, I would work on it.

work on it.

Tandem balance test

We want them to be We want them to be fairly close fairly close to each other, but on the to each other, but on the positive side, positive side, not the negative side.

not the negative side. Okay, second test. It's Okay, second test. It's still a still a balance test, but this one is balance test, but this one is a little more difficult.

a little more difficult. So, I'm going to ask you to So, I'm going to ask you to stand in tandem. And that stand in tandem. And that means, essentially, and I'll means, essentially, and I'll lower the camera down a little bit lower the camera down a little bit so you can so you can see it better, but see it better, but toe to heel. Imagine you are on a

log. I have tile lines on my floor. This tile lines on my floor. This certainly helps, certainly helps, but you don't but you don't need them. So you need them. So you can just stand can just stand anywhere in the room, anywhere in the room, toe to toe. This toe to toe. This means that there is means that there is no space between them. So I'm no space between them. So I'm literally touching my toes literally touching my toes to the heel of to the heel of this front foot.

this front foot. And I'm going to focus here on And I'm going to focus here on looking at looking at the clock and the clock and doing my doing my job, which is to job, which is to tell you tell you when you're at 10, 20, and 30.

when you're at 10, 20, and 30. So, you get the idea. To So, you get the idea. To the start. And again I give up the start. And again I give up. If you're. If you're really concerned about really concerned about balance, you balance, you probably want it to be probably want it to be quiet. There are 10 seconds.

quiet. There are 10 seconds. And if I'm really And if I'm really concerned about concerned about concerned about balance, I don't want to balance, I don't want to talk. 15 seconds 20 25 30. I want you to know which foot is in front.

which foot is in front. So, for me, my So, for me, my left foot is in front. I'll left foot is in front. I'll write the left leg write the left leg in front. I am 30+.

in front. I am 30+. OK? Because we OK? Because we just counted and just counted and stopped. If stopped. If you have 10, 15, or 20, or you have 10, 15, or 20, or if you have 10 and if you have 10 and a few seconds to go, a few seconds to go, mark it so you can mark it so you can keep track of your keep track of your score. Let's score. Let's make a right move make a right move forward, and then we'll forward, and then we'll go back and go back and count them. So count them. So put your right foot put your right foot forward, toe to heel, and let's begin. 10, and let's begin. 10 seconds. Wonderfully seconds. Wonderfully done. 20 and 30. So done. 20 and 30. So if you're still standing, if you're still standing, just pay just pay attention to which one was attention to which one was ahead. It's not the same as it ahead. It's not the same as it was before.

And I'll tell you something. And I'll tell you something. So, in this case, So, in this case, it matters. So, it matters. So, in the first case, I in the first case, I just said: just said: stretch one leg stretch one leg forward, the other back, you forward, the other back, you position yourself position yourself position yourself according to your according to your strongest stance.

So just knowing that So just knowing that if you put your if you put your left foot forward, left foot forward, that's where you'll that's where you'll feel feel feel stronger. It's just stronger. It's just intuitively what you would intuitively what you would do.

do. do. Most likely, if Most likely, if you were going to you were going to plant one foot plant one foot and then kick with the other, you would plant that one because you would, you would plant that one because you would feel feel feel stronger and more stronger and more balanced balanced balanced doing that, as doing that, as opposed to opposed to planting your foot and planting your foot and kicking. You could kicking. You could do that, but just do that, but just remember that we remember that we choose, unless someone choose, unless someone gives us instructions gives us instructions to do it differently, to do it differently, we will choose we will choose to position ourselves to position ourselves to position ourselves the strongest. And so the strongest. And so remember that your remember that your other side could other side could be just as good, be just as good, or it could be not. So the or it could be not. So the more equal they are, more equal they are, the closer they are to each the closer they are to each other, and not a big other, and not a big discrepancy, the discrepancy, the better. But if you better. But if you had an had an accident, had your accident, had your knee replaced, something knee replaced, something went wrong, they went wrong, they could be completely could be completely different. Let's different. Let's do this assessment.

do this assessment. So for reading, 10 So for reading, 10 seconds or less for seconds or less for that too. This means that too. This means you are at greater you are at greater risk of falling. If risk of falling. If you have 30 seconds or you have 30 seconds or more, you can more, you can make a score. Everything is make a score. Everything is fine. You probably fine. You probably need a bigger need a bigger challenge. Here is a bigger

challenge. Here is a bigger challenge. Those of you who challenge. Those of you who want to take the want to take the plunge and run with it, plunge and run with it, do this. You would do this. You would cross your arms over cross your arms over your chest and close your your chest and close your eyes. Then someone else has to eyes. Then someone else has to keep track of keep track of your time, right? But if you do? But if you do this to me, have this to me, have you noticed that the wind you noticed that the wind suddenly picked up in the room suddenly picked up in the room? That's how it? That's how it is. So is. So again, I'll again, I'll let you, the let you, the first time you do this, first time you do this, put your hands wherever put your hands wherever you're comfortable, just you're comfortable, just to try it out. To to try it out. To perform perform perform the protocol itself, you the protocol itself, you need to increase the need to increase the difficulty. This difficulty. This is called the is called the Romberg test. You Romberg test. You actually close your actually close your eyes and then challenge eyes and then challenge yourself a little more yourself a little more. So, that's it.

Sit-to-stand test

So, that's it. Let's. Let's take the third test, take the third test, and it's just a sit-stand test. And I'm sit-stand test. And I'm going to ask you to go through all of this going to ask you to go through all of this. And we. And we can simply can simply ask: can ask: can you stand up without you stand up without using your hands?

using your hands? You don't need them. You don't need them. You don't want your You don't want your hands on the chair, and hands on the chair, and you don't use your you don't use your own. This is the first. But I would prefer first. But I would prefer you do, and there are you do, and there are many ways to many ways to check it, it's 30 check it, it's 30 seconds. We will count seconds. We will count how many times you how many times you rise and fall. I'll give fall. I'll give you five seconds and we'll you five seconds and we'll get started. So, I want get started. So, I want you to count by you to count by moving your moving your buttocks back to the buttocks back to the middle of the chair. Well, okay middle of the chair. Well, okay. Are you doing this to. Are you doing this to me? Continue. Halfway through me? Continue. Halfway through and done.

and done. Okay, so every Okay, so every time your time your buttocks touch buttocks touch the chair, it the chair, it counts. I counts. I got 17. Well, if got 17. Well, if you got less than you got less than 10-12, that puts you in 10-12, that puts you in a situation where, as we a situation where, as we can say, there is a can say, there is a risk of hitting the 30- second mark. There are second mark. There are other ways to other ways to do this do this test, but this is one of test, but this is one of my favorites. So my favorites. So we're giving you a little we're giving you a little more time to more time to see two things.

see two things. Your ability to Your ability to stand up with stand up with balance. And this may balance. And this may seem like a strange seem like a strange balance test, balance test, but there are many people but there are many people who have difficulty with the who have difficulty with the ability to stand up, and ability to stand up, and they wobble and they wobble and stagger on the way stagger on the way up. If you're just up. If you're just not who you are, you're doing not who you are, you're doing great. And just great. And just realize that you are doing realize that you are doing great today.

great today. You want to You want to continue to do continue to do it great next it great next year and the year after that. So year and the year after that. So keep keep keep testing.

testing. testing.

Understanding balance mechanics

Keep doing what Keep doing what you're doing to you're doing to challenge yourself. challenge yourself. Balance is a Balance is a dynamic. However, I dynamic. However, I often talk about a often talk about a few things. This is your few things. This is your center of gravity. My center of gravity. My navels are here. My center navels are here. My center of gravity is probably of gravity is probably about here. If about here. If you have a very long torso you have a very long torso and very long legs, it and very long legs, it may be a little below may be a little below or below your belly button or or below your belly button or navel, but that's about it navel, but that's about it. If your. If your center of gravity center of gravity is is is directly above the directly above the base of support, then the base of

support, then the base of support would be base of support would be a line if we were to a line if we were to draw a line draw a line around your feet, all the way around the around your feet, all the way around the outer outer outer edge. If I edge. If I spread my legs wider, spread my legs wider, I will have a larger I will have a larger base of support and be more base of support and be more stable. What stable. What happened when we happened when we rode tandem? We rode tandem? We made the base of support made the base of support narrower, so we narrower, so we felt a little felt a little more wobbly, more wobbly, right? I could definitely right? I could definitely feel it when my feel it when my eyes were closed.

eyes were closed. But if we're going But if we're going here, I'm pretty here, I'm pretty firm. If I go firm. If I go here, I'm not noticeably here, I'm not noticeably less solid, but I less solid, but I know I am. If know I am. If someone pushed me, it would be someone pushed me, it would be harder for me not to harder for me not to fall. But right here, fall. But right here, if someone if someone pushes me here, I'll pushes me here, I'll probably fall out of probably fall out of line. OK? So, line. OK? So, realize that if realize that if your center of gravity your center of gravity is above the is above the base of support, you are base of support, you are most stable most stable most stable even on one leg.

But if you But if you lean over and lean over and try try try to grab something, your center to grab something, your center of gravity is no longer of gravity is no longer directly over the directly over the base of support. Even base of support. Even standing on two legs, standing on two legs, you are less stable.

But we do these But we do these things all the time. You, at the things all the time. You, at the age and age and stage you are at stage you are at now, now, now, may not even may not even think about it. It's okay think about it. It's okay.

.. No problem. And if No problem. And if you do yoga, you probably spend a lot of spend a lot of time moving time moving into a pose where your center of gravity is into a pose where your center of gravity is n't even n't even over the over the base of your base of your single-leg stance, and it single-leg stance, and it took you a while to took you a while to learn how to do learn how to do it.

it. Keep Keep practicing this, practicing this, because the value of yoga for because the value of yoga for balance lies balance lies precisely in those moments precisely in those moments when you move into when you move into and out of these poses and out of these poses. So you can. So you can practice moving practice moving away from away from that center of gravity and that center of gravity and putting your fingers on putting your fingers on something for support.

Put this on a Put this on a chair, but work chair, but work on on on lowering yourself, lowering yourself, touching the floor, and touching the floor, and then then then getting back up. And then getting back up. And then maybe learn maybe learn that, God, I can that, God, I can do this without any do this without any support, and it's a little support, and it's a little harder, but I can harder, but I can do it. And once you do it. And once you can do that, it will be easier to go back and try the one-legged stand will be easier to go back and try the one-legged stand. And these tests are. And these tests are directly directly directly related to your related to your life expectancy. And life expectancy. And this is how long you this is how long you live independently, live independently, well, able to well, able to react, do react, do everyday things, everyday things, like go outside like go outside when it might when it might even be a little even be a little slippery, and not slippery, and not feel like you're in feel like you're in any danger. So, any danger. So, I hope this was I hope this was helpful. Tell us helpful. Tell us below which of these below which of these three tests you three tests you took, or if took, or if all of them, tell us how you all of them, tell us how you did and if did and if anything was a surprise. And anything was a surprise. And if you want to do a if you want to do a whole suite of whole suite of tests, I call it the tests, I call it the Severe Severe Severe Aging Index, where I Aging Index, where I test your balance, your test your balance, your stability, your stability, your mobility or what mobility or what we used to call we used to call flexibility in a few flexibility in a few places, your cardiovascular fitness, your strength cardiovascular fitness, your strength and power. We and power. We do all of this. And if do all of this. And if you want, it's you want, it's free, and I free, and I prepared it prepared it especially for you.

especially for you. Just let us know. Just let us know. See below in See below in the comments. the comments.

See you on the other See you on the other side.