LEG EXERCISES AFTER 70

Six leg exercises from Episode 12, with how often the trials did each one.

HOW OFTEN THE TRIALS DID EACH ONE

☐ 1	**Lift heavy enough to feel it**	**2 or 3 sets, twice a week.** Nursing-home residents averaging 87 more than doubled their leg strength in 10 weeks. *(Fiatarone et al., New England Journal of Medicine, 1994)*
☐ 2	**Balance at the counter**	**3 times a week.** Women over 80 had 88 falls in a year, against 152 without the program. *(Campbell et al., BMJ, 1997)*
☐ 3	**Ankle-weight leg work**	**10 minutes on walk days.** Adults 70 to 89 were 18% less likely to lose the ability to walk a quarter mile. *(Pahor et al., JAMA, 2014)*
☐ 4	**Stand up fast, sit down slow**	**3 rounds, twice a week.** Lifting fast gave women around 73 about twice the gain in leg power. *(Fielding et al., Journal of the American Geriatrics Society, 2002)*
☐ 5	**Stairs on purpose**	**Twice a week.** People around 71 gained about 14% in leg power in 12 weeks. *(Van Roie et al., Journal of Strength and Conditioning Research, 2025)*
☐ 6	**Wall sit**	**4 holds, 3 times a week.** Holds lowered the top blood pressure number about 8 points, in trials of mostly younger adults. *(Edwards et al., British Journal of Sports Medicine, 2023)*

Talk to your doctor before you start a new exercise. Stop and see a doctor if you get chest pain or dizziness.

QUESTIONS TO ASK YOUR DOCTOR

- ☐ Is it safe for me to start leg weight training?
- ☐ Is my balance steady enough for heel-to-toe standing?
- ☐ How heavy should my ankle weights be to start?
- ☐ Is it safe for me to climb stairs for exercise?
- ☐ Is my blood pressure under control enough for wall sits?
- ☐ If I am in the hospital, can I get up and move twice a day?

Scan to watch the episode

Watch the episode and check every source: thehealthspan.report/ep12

Findings from published studies, not a treatment plan. Informational and educational only, not medical advice. Talk to your doctor before you change your medications, diet, exercise, or health routine.