VITALS VAULT

FREE GUIDE

The strength and balance self-test

Balance and leg strength tell you something that blood tests cannot. Try these simple checks safely at home, log your times, and know when to ask a clinician.

BEFORE YOU START

- [ ] Stand near a wall or sturdy counter.
- [ ] Clear the floor and wear flat shoes.
- [ ] Have someone nearby if you can.
- [ ] Skip the test and call your clinician if you feel dizzy.

THE CHECKS

Test	How	Date 1	Date 2
Feet together	Stand with feet touching, eyes open		
Eyes closed	Same stance, note any sway		
Single-leg stand	Time each leg in seconds		
Get Up and Go	Stand, walk 3 m, turn, return, sit: time it		

LIMIT

Under 10 seconds on Get Up and Go is considered normal; over 10 is a marker of possible low muscle among many causes. Balance also depends on vision, touch and the nerves.

QUESTIONS TO ASK

- [ ] Could my labs, like vitamin D, B12 or blood sugar, relate to my balance?
- [ ] Do my medicines affect my balance?
- [ ] Should I see someone for a balance test?
- [ ] What strength training suits me?

Sources: Balance and Get Up and Go tests from a nutrition-assessment guide. Many causes can affect results, including non-nutritional ones. Not a diagnosis.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com