Want To Live To Be 100? Don't Skip Leg Day!

Studies have found that lower body strength improves function of daily living activates in older adults (Ploutz-Snyder et al. 2001). Hip extension strength exercises have shown to have the most impact in daily living activities (Hasegawa et al. 2008).

Some Exercises to strengthen hip extensors:
- Bird-Dogs
- Donkey Kicks
- Glute Bridges
- Kick Backs with or without a band

Doing strength training 2-3 days a week and focusing on leg strength can improve ease of daily living and help you live a longer life!

Overall lower body strength leads to a more independent lifestyle (Ouden et al. 2013).