

Strong Legs Build Healthy Bodies

Your legs are your most important organ as you age, according to Dr. Walter Bortz, Professor of Medicine at Stanford University.

If you have strong legs, you are less likely to fracture a hip, your heart is healthier, you are less likely to become frail, your sex life is better, your brain is healthier, and you cost less (reduced economic burden due to less chronic disease). Even people in their 70's have tremendous capacity to improve.

Take Home Message

The MEDFITNESS Workout provides a balanced approach to increasing leg strength by focusing on both compound exercises (e.g. Leg Press) and simple exercises (e.g. Leg Curl and Leg Extension). To experience the MEDFITNESS Workout, schedule a *Free Trial Workout* at www.medfitness.info.