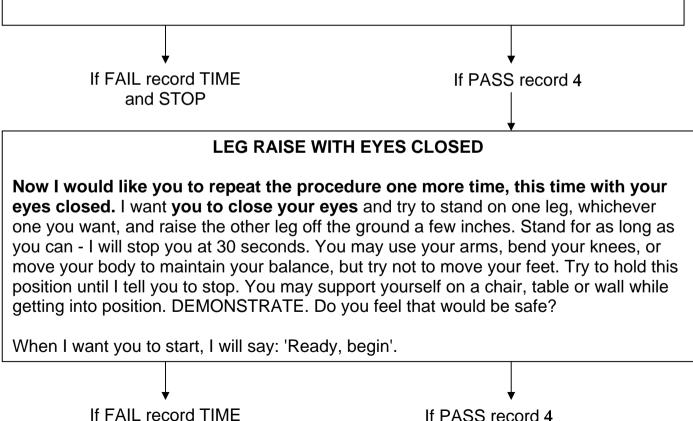
## Protocol for Leg Raise (aged 50-69 only)

## LEG RAISE WITH EYES OPEN

**Now I will show you the next movement.** I want you to try to stand on one leg, whichever one you want, and raise the other leg off the ground a few inches. Stand for as long as you can - I will stop you at 30 seconds. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. You may support yourself on a chair, table or wall while getting into position. DEMONSTRATE. Do you feel that would be safe?

When I want you to start, I will say: 'Ready, begin'.



## **Protocol for Balance Measure**

