

# 7 Subtle Signs Your Strength May Be Changing

*And Why You Feel Fine...Until You're Not*



## The Quiet Change

Have you ever noticed how two people can be the same age, retire around the same time, and both consider themselves active—yet a few years later one appears noticeably stronger, steadier, and more physically capable than the other?

**Do you ever wonder why that happens?**

**One reason... is that the activities that keep us busy are not always the activities that keep us strong.**

Many seniors stay quite busy after retirement. They travel, spend time with friends and family, volunteer, pursue hobbies, garden, and run errands. These activities enrich their lives and keep them engaged. But they don't always challenge strength, balance, posture, and mobility in the same way that many earlier responsibilities once did.

This is the quiet change that often goes unnoticed until you try to do something that used to feel easy, and now it no longer does.

## **Busy Activities** **vs** **Activities that Challenge the Body**

Most of the confusion comes from not recognizing the difference between activities that keep you busy and activities that challenge your body enough to help you stay strong, capable, and independent.

Busy activities are the ones that fill your days and keep you engaged. They give you purpose, enjoyment, and social connection that are important in supporting mental health and brain stimulation.

But maintaining strength requires something different. It requires asking the body to do things that are challenging enough to maintain strength, balance, posture, and mobility.

## The 7 Subtle Signals Your Strength May Be Changing

When the body gets challenged less often, quiet changes begin to appear. These changes begin to show up in everyday activities long before people recognize what's happening.

Here are **7 common signals** that your strength may be changing:

1. You find it more difficult to push yourself up out of a chair.
2. You look for the handicap stall in public restrooms because the toilet seat is higher.
3. You find getting up and down off the floor has become a struggle, or it's no longer an option.
4. You rely more on a railing when going up and down stairs.
5. You carry fewer groceries at one time.
6. You walk more slowly, and your distances have become shorter.
7. You notice your posture has changed, and you're not standing as tall as you once did.

## Why These Signals Matter

As we age, it's common to adapt when certain activities start to require more effort or attention. We not only change how the activities are done, but also how often they're done. Over time, this gradual reduction in physical challenge can contribute to changes in strength and stability.

These subtle changes matter because they often appear long before major limitations begin affecting everyday activities.

The earlier they're recognized, the easier it is to make adjustments that help maintain strength, stability, and independence.

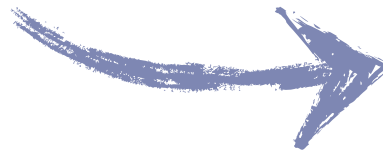
## Are You Curious About Your Current Strength?

I want to introduce you to the **Functional Movement Continuum (FMC) Self-Assessment**.

It was designed as a self-assessment tool because, if these quiet changes go unrecognized for too long, they can begin to limit everyday activities.

Using the **FMC** gives you a simple way to take stock of where you are today, so you can track changes over time, identify areas that may benefit from more attention, and make informed decisions about maintaining the strength and stability that support an active, independent life.

**Click the FMC button** to see how well your current activities are supporting your strength.



**FMC**

**Helpful Tip:** *Since your strength can change over time, it's beneficial to retake the **FMC** yearly, every 6 months, or after a significant health event such as an illness, injury, or surgery. That way, you can compare results, notice improvements, and benefit from renewed attention or more challenging activities.*