

July 1 RoundUp - Super Movers, Sedative Scripts, Vets & More

UpRight Science Weekly News RoundUp · July 1, 2026

New Research & Data

'Super Movers' Show Signs of Exceptional Brain Aging

MedPage Today

Adults aged 80+ who walk as fast as people 30 years younger had roughly half the risk of cognitive impairment across multiple cohorts, linking preserved gait and mobility to healthier brain aging.

UpRight POV: Gait speed and balance are windows into whole-body and brain health. This reinforces why balance deserves to be tracked as a core health metric in anyone's annual physical, not just a fall-risk afterthought.

Digital tools and wearables help people boost physical activity (JAHA study)

Journal of the American Heart Association

A recently published JAHA study reports that smartphone apps and wearable activity trackers measurably increased physical activity in people with heart disease.

UpRight POV: We are encouraged to see indicators that tracking one's health can lead to measurable results.

New sedative prescriptions may raise fall risk and ED visits within 30 days of discharge

McKnight's Long-Term Care News

Researchers found that patients who started on new sedatives faced elevated fall and emergency-visit risk in the month after hospital discharge; those with low pre-stay medication tolerance had a 20% higher fall risk.

UpRight POV: Medication-driven fall risk is a serious problem. In fact, our team at UpRight Science has witnessed this phenomenon first-hand with some of our loved ones. Imagine if your doctor ordered a quick balance screen at your emergency discharge? It could flag exactly these high-risk transitions.

Helping Veterans Stay Strong & Independent through Falls Prevention

National Council on Aging (NCOA)

NCOA details how older veterans fall at higher rates than civilians, face unique barriers to care, and benefit from evidence-based balance and falls-prevention programs.

UpRight POV: Veterans are an underserved, higher-incidence population for falls. We recognize the need to serve the people who served our country.

How Injury and Violence Prevention Can Support Falls Prevention

National Council on Aging (NCOA)

NCOA outlines how pairing injury-prevention agencies with falls-prevention programs expands reach, funding, and community-level impact for older adults.

UpRight POV: *It is exciting to learn about non-profit organizations partnering in unexpected ways (based on research) in order to serve a more expansive population.*

Maintaining Your Balance: Health Tips & News

The secret to keeping up mobility with age

The New Indian Express

Experts argue that while some decline is natural, early intervention through exercise, disease control, and fall prevention can preserve mobility well into later life.

UpRight POV: *We love this consumer-friendly framing of “intervene early”—it’s a useful tone to encourage improvements among patients.*

Can Tai Chi Help You Age Better?

MedShadow Foundation

Reviews tai chi’s benefits for balance and fall prevention, cardiovascular health, and chronic pain relief in older adults.

UpRight POV: *Tai chi remains the most evidence-backed balance practice for seniors—a credible complement to recommend alongside measurement. In fact, our CEO, Terry Chabrowe, and his wife Paula do Tai Chi for balance every week!*

The Fall Prevention Training Nobody Does!

YouTube

A trainer makes the case for power and fast-twitch muscle training (not just slow strength work) as an under-used route to preventing falls in older adults.

UpRight POV: *The “power, not just strength” angle is gaining traction. We believe in this wholeheartedly! The key to good balance is the response capability of Type II muscles.*

If You Can Do These 4 Classic Exercises Daily at 60, You’re Aging Like an Athlete

Eat This, Not That

Outlines four foundational exercises tied to lower fall risk, more independence, and better quality of life, noting balance is strongly associated with mobility and fall prevention.

UpRight POV: *Strength + balance are inseparable and we want you to understand how important core strength is to long-term balance.*

Also in the News
