

July 30 RoundUp - Free Longevity Habits, the Body Parts That Predict Aging & More

UpRight Science Weekly News RoundUp · July 30, 2026

New Research & Data

Dose-response relationships of sensorimotor-based interventions on balance performance

PLOS ONE · July 24, 2026

New research argues that optimizing fall prevention requires shifting away from generic “more exercise” prescriptions toward dose-calibrated, age-stratified sensorimotor training protocols.

UpRight POV: *This is precisely the kind of individualized dosing that continuous, objective balance measurement is built to inform. Programs can't be calibrated to the person if balance is never actually measured.*

Protein intake and injury outcomes among fallers in the Women's Health Initiative

PLOS ONE · July 23, 2026

An analysis of the Women's Health Initiative cohort links higher protein intake to better injury outcomes among older women who fall, reinforcing that fall risk and fall severity are shaped by more than balance alone.

UpRight POV: *Reinforces the case that balance should be tracked alongside other modifiable risk factors as one integrated, measurable vital sign—not evaluated in isolation.*

Maintaining Your Balance: Health Tips & News

Longevity Habits that Cost Nothing

Super Age · July 28, 2026

Super Age rounds up seven free longevity habits, including testing a 10-second single-leg stance, walking briskly after meals, and prioritizing grip strength. They predict health span as much as diet or exercise.

UpRight POV: *Balance earns its spot on this free-habits list for good reason, but a quick stance check only tells you pass or fail. Continuous measurement is what turns that check into a trend you can actually act on.*

A 20-Minute Workout for Better Balance and Coordination

The New York Times · July 27, 2026

The New York Times lays out a 20-minute agility-ladder routine designed to sharpen the footwork, coordination, and reactive balance that tend to fade with age.

UpRight POV: *We like to see this solid on-ramp for coordination training.*

Two Body Parts That Predict How Well You Age

Medium · July 10, 2026

A longtime personal trainer makes the case that grip strength and foot strength—two frequently overlooked body parts—are among the most reliable predictors of healthy aging and fall risk.

UpRight POV: *Grip and foot strength are useful proxies for how someone is aging, but they're still indirect. Nothing beats measuring the balance itself.*

Active Aging Week: Moves to prevent a fall

CTV News · July 27, 2026

A CTV segment tied to Active Aging Week demonstrates simple balance-and-strength moves viewers can add to a home fitness routine to help prevent falls.

UpRight POV: *Good example of accessible exercise tips that would benefit from objective before/after measurement to show whether they're actually improving an individual's balance.*

The Best Balance Exercise to Do After 40, According to Physical Therapists

EatingWell · July 24–25, 2026

Physical therapists recommend the single-leg stance as a simple, effective exercise once balance naturally begins to decline in one's 40s.

UpRight POV: *Simple exercises like this are exactly what benefit from a baseline balance reading—otherwise there's no way to know if the exercise is working for that person.*

Also In the News

What Geriatric Emergency Departments Do Differently

The New York Times · July 27, 2026

Specialized geriatric emergency department units are reducing hospitalizations and healthcare costs for older patients through tailored assessment and care protocols.

UpRight POV: *A natural point-of-care setting for embedding standardized balance and fall-risk screening as part of the intake protocol.*