

Les Mills Lab: BODYBALANCE/BODYFLOW and benefits for older populations study



Introduction

It is well known that when we get into our 40s and 50s our ability to balance and perform functional tasks begins to deteriorate. Les Mills' BODYBALANCE™/BODYFLOW® is a blend of yoga, Pilates and tai chi that contains a mix of moves that can address these changes.

The research

The University of the Sunshine Coast decided to put BODYBALANCE/BODYFLOW to the test. They recruited 28 participants aged 55 to 75 and split them into two groups: one that was a control; and the other that would attend two BODYBALANCE/BODYFLOW classes per week for a total of 12 weeks.

Measurements were taken at the start and end of the trial. These tests measured: balance, functional tasks such as moving from sitting to standing, and walking speed.

Results

When compared to the control group, the BODYBALANCE/BODYFLOW participants saw greater improvements in both their balance and functional tests.

Conclusion

This research demonstrates that BODYBALANCE/BODYFLOW not only helps us balance but also improves our functional performance as we progress into older age. Performance in these tests can be used as an indicator of vitality and of our risk of experiencing falls. Any improvements in these are of benefit to older adults, even if they are healthy and mobile.

A link to a published abstract in the Clinical Interventions in Aging Journal is available [here](#).