

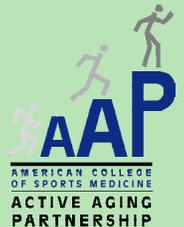
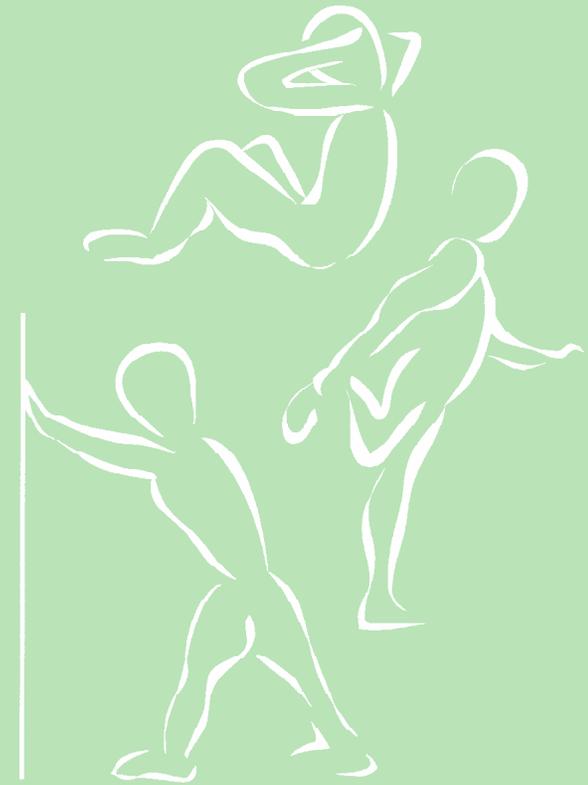
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ACSM's Strategic Health Initiative
(SHI) on Aging Presents:

Three Ways to Test Your Fitness



Three Ways to Test Your Fitness

- Do not take these tests if your doctor has told you not to exercise or if you have chest pain, joint pain, dizziness or uncontrolled high blood pressure
- Have a partner with you-do your best on each test but do not over-exert yourself
- Before starting, warm up with five to eight minutes of walking and swinging your arms

1) 30-second Chair Stand (measures lower body strength)

- sit in chair (seat height: 17") with feet flat on floor
- cross arms over chest
- count the number of times in 30 seconds you can come to a full stand

2) 2-minute Step-in-Place (measures endurance)

- let your partner find the point midway between your hip and knee
- mark that target height on a table leg or a wall
- march for two minutes and count how often the right leg reaches target height

3) Sit-and-Reach (measures flexibility)

- brace chair against wall and sit on edge
- place one foot flat and extend the other leg with heel on floor
- with arms outstretched reach to toe on extended leg
- note position of fingertips to measure inches short of (-) or beyond (+) toes

Normal Scores

AGE	60-64	65-69	70-74	75-79	80-84	85-89
#Stands	(F) 12-17	11-16	10-15	10-15	9-14	8-13
	(M) 14-19	12-18	12-17	11-17	10-15	8-14
#Steps	(F) 75-107	73-107	68-101	68-100	60-91	55-85
	(M) 87-115	88-118	80-110	73-109	71-103	59-91
Reach (A)	(F) -.5-+5.0	-.5- +4.5	-1.0-+4.0	-1.5-+3.5	-2.0-+3.0	-2.5-+2.5
	(M) -2.0-+4.0	-3.0-+3.0	-3.5-+2.5	-4.0-+2.0	-5.5-+1.5	-5.5-+0.5

Notes: F=females; M=males: the sit-and-reach test is measured in inches