ACSM's Strategic Health Initiative (SHI) on Aging Presents:
Three Ways to Test Your Fitness

See the other ACSM's Active Aging Tips for more info.

Get the NIA Guide on Exercise free: call 1-800-222-2225 or www.nih.gov/nia

AMERICAN COLLEGE OF SPORTS MEDICINE
Three Ways to Test Your Fitness

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

<table>
<thead>
<tr>
<th>AGE</th>
<th>60-64</th>
<th>65-69</th>
<th>70-74</th>
<th>75-79</th>
<th>80-84</th>
<th>85-89</th>
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</thead>
<tbody>
<tr>
<td>#Stands (F)</td>
<td>12-17</td>
<td>11-16</td>
<td>10-15</td>
<td>10-15</td>
<td>9-14</td>
<td>8-13</td>
</tr>
<tr>
<td>(M)</td>
<td>14-19</td>
<td>12-18</td>
<td>12-17</td>
<td>11-17</td>
<td>10-15</td>
<td>8-14</td>
</tr>
<tr>
<td>#Steps (F)</td>
<td>75-107</td>
<td>73-107</td>
<td>68-101</td>
<td>68-100</td>
<td>60-91</td>
<td>55-85</td>
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<tr>
<td>(M)</td>
<td>87-115</td>
<td>88-118</td>
<td>80-110</td>
<td>73-109</td>
<td>71-103</td>
<td>59-91</td>
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<tr>
<td>Reach (A) (F)</td>
<td>-.5+-5.0</td>
<td>-.5+-4.5</td>
<td>-1.0+-4.0</td>
<td>-1.5+-3.5</td>
<td>-2.0+-3.0</td>
<td>-2.5+-2.5</td>
</tr>
<tr>
<td>(M)</td>
<td>-.2+-5.0</td>
<td>-.3+-3.0</td>
<td>-3.5+-2.5</td>
<td>-4.0+-2.0</td>
<td>-5.5+-1.5</td>
<td>-5.5+-0.5</td>
</tr>
</tbody>
</table>

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