

5 TESTS TO SEE HOW WELL YOU ARE AGING

Simple, Evidence-Based Tests to Measure Your Physical Fitness Level

TEST	WHAT IT MEASURES	HOW TO PERFORM	SCORING: NORMAL VALUES BY AGE						WHAT YOUR SCORE MEANS
1 AEROBIC FITNESS 1-MILE WALK	Cardiovascular endurance and respiratory fitness. 	Walk 1 mile (1.6 km) as fast as you can. Record your time in minutes.	TIME TO COMPLETE 1 MILE (MINUTES)						Excellent: Top 25% Good: Above Average Average: Middle Range Below Average: Needs Improvement Poor: Bottom 25%
			AGE 40-59		AGE 60-69		AGE 70+		
			MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	
2 FLEXIBILITY SIT AND REACH TEST	Flexibility of the lower back and hamstrings. 	Sit on the floor with legs straight, feet against a box. Reach forward with hands extended. Measure how far you reach (cm).	DISTANCE REACHED (CENTIMETERS)						Excellent: Top 25% Good: Above Average Average: Middle Range Below Average: Needs Improvement Poor: Bottom 25%
			AGE 40-59		AGE 60-69		AGE 70+		
			MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	
3 STRENGTH TEST PUSH-UP TEST (Upper Body)	Upper body strength and endurance. 	Do as many standard push-ups as you can with good form. Record the total number.	NUMBER OF PUSH-UPS (GOOD FORM)						Excellent: Top 25% Good: Above Average Average: Middle Range Below Average: Needs Improvement Poor: Bottom 25%
			AGE 40-59		AGE 60-69		AGE 70+		
			MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	
4 STRENGTH TEST SIT-STAND TEST (Lower Body)	Lower body strength and endurance. 	From a seated position in a chair (with arms crossed), stand up and sit down as many times as you can in 30 seconds. Record the total number.	NUMBER OF SIT-STANDS IN 30 SECONDS						Excellent: Top 25% Good: Above Average Average: Middle Range Below Average: Needs Improvement Poor: Bottom 25%
			AGE 40-59		AGE 60-69		AGE 70+		
			MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	
5 BALANCE TEST STANDING ON ONE FOOT	Balance and stability. 	Stand on one foot with hands on hips. Time how long you can maintain your balance (up to 60 seconds). Test both legs.	TIME (SECONDS)						Excellent: Top 25% Good: Above Average Average: Middle Range Below Average: Needs Improvement Poor: Bottom 25%
			AGE 40-59		AGE 60-69		AGE 70+		
			MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	