

The 30-second Sit to Stand Test

What you'll need:

- A sturdy chair with a straight back (no armrests)
- A stopwatch

How to do it:

1. Place the back of your chair against a wall so it can't slide backwards.
2. Sit towards the front of the chair.
3. Fold your arms across your chest, making an X (Your right hand will be touching your left shoulder & your left hand will be touching your right shoulder).
4. Put your feet flat on the floor & sit up straight.
5. Have the person say "Go" while starting the timer & counting your stands.
6. Rise from the chair to a full standing position without using your hands.
7. Sit back down.
8. Repeat as many times as you can for 30 seconds.



That's it! It's a very simple test that gives you a LOT of insight as to how much you need to work on your lower body strength to stay mobile & avoid falling. (If you are halfway to a standing position when the 30 seconds ends, that also counts as a stand).

Are you at higher risk of falling than others? Here's what your results say...

If you completed fewer sit to stands than the number in the column by your age & gender... **that means you scored below average for lower body strength & endurance.**

AGE	MEN	WOMEN
60 - 64	< 14	< 12
65 - 69	< 12	< 11
70 - 74	< 12	< 10
75 - 79	< 11	< 10
80 - 84	< 10	< 9
85 - 89	< 8	< 8
90 - 94	< 7	< 4

The lower your score is below the average the higher your risk of falling. If you completed the same number of sit to stands listed in the column or higher, your risk of falling is lower than others your age. <https://better5.com/30-second-sit-to-stand-test/>