Senior Fitness Test

How Center for Successful Aging Participants Measure Up

30-Second Chair Stand
Measures lower body strength
Number of stands in 30 sec with arms across chest

Arm Curl
Measures upper body strength/
endurance
Number of curls in 30 seconds with
5# (2.3 kg) wt. for women;
8# (3.6 kg) for men

6-Min Walk
Measures aerobic endurance
How many yards/meters can you walk in 6 minutes?

2-Min Step-in-Place
Measures aerobic endurance
How many steps-in-place can you do in 6 minutes?

Chair Sit & Reach
Measures lower body flexibility
How close to your toes can you reach when sitting in a chair?

Back Scratch
Measures upper body flexibility
How close can you come to touching your fingers together
behind your back?

8’ Up & Go
Measures functional mobility & balance
Time it takes to stand up, walk 8 feet (2.4 meters) and return to the chair