

Components of Fitness

Rest 6-9 hrs
per night

Strength “Somewhat hard”
Every other day

Flexibility
Stretch Daily

Endurance “Somewhat
Hard” 20-40 min almost
daily

Balance on One
Leg Daily

Have **Fun**

Power
Speed x Strength

Nutrition
Whole grains,
Fresh foods, water

Speed Walk
Faster sometimes

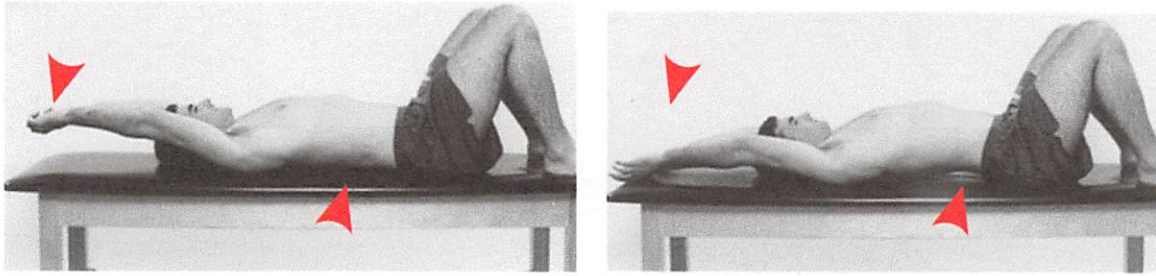
Coordination
Dance, exercise
class. Tai Chi,
Tennis, Golf

Reaction Time



FLEXIBILITY:

UPPER BODY: LATISSIMUS DORSI MUSCLE (BACK TRUNK MUSCLE SPANS PELVIS, SHOULDER BLADES, SPINE)



LOWER BODY: HAMSTRINGS (BACK THIGH MUSCLE ATTACHES LOWER PELVIS AND BACK OF KNEE)



BALANCE:

Have someone time your ability to stand on one leg without using any outside support, such as a counter. Place your hands on your hips, stand near wall or counter for safety. Begin timer when partner first lifts a leg, stop when the foot touches the ground, or hands leave hips. Test both sides. A time less than 5 seconds is indicative of a high risk of falling.

BALANCE: BEST OF THREE TRIALS (SECONDS)					
AGE (YEARS)	40-49	50-59	60-69	70-79	80<
MEN/WOMEN	42	41	32	21	9

POSITIVE ATTITUDE TOWARDS AGING

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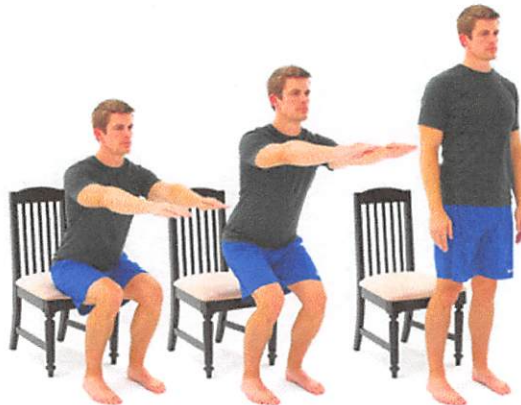
FITNESS NORMS FOR HEALTHY OLDER ADULTS

STRENGTH:

UPPER BODY : GRIP STRENGTH DYNAMOMETER (Make sure red dial is re-set to "0". Hold instrument freely in hand, without any arm support. Bend elbow to 90 degrees and keep elbow pinned to the side of your trunk. Breathe out as you squeeze the instrument as hard as you can. Read the number in pounds of force generated.) Non-dominant hand is generally 10% weaker

	MEAN OF 3 MEASUREMENTS OF STRENGTH (LBS)						
	AGE (YEARS)	40-49	50-59	60-69	70-79	80-84	>85
MEN		101-117	87-102	72-78	59-65	50-54	45-48
WOMEN		56-70	48-54	38-43	36-37	32-36	26-30

LOWER BODY: 30 SECOND SIT TO STAND (Sit in standard chair that fits your seat well. Scoot forward and place feet about shoulder width apart and positioned comfortably to stand. Fold hands across chest in front of you, and keep them there for the test. Have someone set a timer for 30 seconds. Take a practice sit to stand to be sure you can do it without your arms. (*If you cannot, your score is "0", but you can continue to try to stand at least once for the 30 second test.*) When you are ready and the timer says "Begin", try to stand up FULLY and sit down FULLY as many times as you can in the 30 seconds. Count only the "FULL" repetitions of sit to stands. If your are more than ½ way standing and the timer is up, you may count that last repetition.



	SIT TO STAND (# TIMES IN 30 SECONDS)							
	AGE (YEARS)	60-64	65-69	70-74	75-79	80-84	85-89	90-94
MEN		14-19	12-18	12-17	11-17	10-15	8-14	7-12
WOMEN		12-17	11-16	10-15	10-15	9-14	8-13	4-11