

# Functional fitness assessment instructions

NOT FOR MEMBER DISTRIBUTION



Do not attempt to interpret participant's results. Have participants share their results with their healthcare provider and let them know they're participating in the SilverSneakers® Well-Balanced program for fall prevention.

## 4-stage balance test

The 4-stage balance test assesses static balance by performing four (4) standing positions that get progressively harder to maintain.

1

Describe and demonstrate the four (4) balance positions: feet together, semi-tandem, tandem (heel-to-toe), and single-leg stance.

2

If a participant cannot hold the position for 10 seconds without moving their feet or using support, stop the test and record the time held. Move to the next position only if the full 10 seconds was achieved for each position.

3

Stand next to a chair, an arm's length away.

4

Prompt participants to find their first stance position: feet together (side-by-side) Cues: "Ready, begin." Start timer and count out loud "1, 2, 3, ... 10." When you reach "10" say, "Stop."

5

Prompt participants to prepare for the second balance position: semi-tandem (instep of one foot touches the big toe of the other). *Use same cues as previous balance position.*

6

Prompt participants to prepare for the third balance position: tandem (heel-to-toe). *Use same cues as previous balance positions.*

7

Prompt participants to prepare for the fourth balance position: single-leg stance. *Use same cues as previous balance position.*

8

Record the number of seconds each position was held on the Functional Fitness Assessment Scorecard.

## Always talk to your doctor before starting an exercise program.

Source: Centers for Disease Control and Prevention (CDC). Original materials available for free at <http://www.cdc.gov/steady> [www.cdc.gov/steady](http://www.cdc.gov/steady).

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This material is for general educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Participants should consult a licensed healthcare provider for personalized assessment or care.

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## 30-second chair stand

The 30-second chair stand measures lower-body strength and power by performing as many full stands from a seated position as possible in 30 seconds.

- 1** Begin by positioning the chair with the back against a wall.
- 2** Cue participants to sit forward in the chair, upright, feet flat on the floor shoulder-width apart, and arms crossed at the chest.
- 3** Give the signal to go while simultaneously starting the timer.
- 4** Participants rise to a full standing position and then sit down, touching the seat of the chair, and repeat as many times as possible within 30 seconds.
- 5** Count the number of times the participant stands. For the stand to be counted, the participant must have completed the movement fully.
- 6** To assist participants, the tester can call out the remaining time: "15 seconds, 10 seconds, 5 seconds."
- 7** Say "Stop" at the designated time. One complete full stand is counted each time a participant seated in a chair stands completely upright and then returns to a seated position. If a participant is more than halfway up at the end of 30 seconds, the cycle counts as a full stand.
- 8** Record the number of full stands performed in 30 seconds on the functional fitness assessment scorecard. Compile the results of the assessment for comparison.