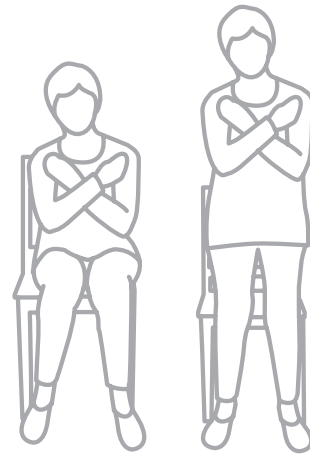


FUNCTIONAL FITNESS TEST

PARTICIPANT ASSESSMENT FORM



30-Second Chair Stand Test | Score: _____

Normal Range of Scores: Men

Age in Years	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Number of Chair Stands	14-19	12-18	12-17	11-17	10-15	8-14	7-12

Normal Range of Scores: Women

Age in Years	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Number of Chair Stands	12-17	11-16	10-15	10-15	9-14	8-13	4-11

(Normal is defined as the middle 50 percent of the population. Those scoring above this range are considered above average for their age, and those scoring below the range are considered below average for their age.)

Want to improve your score?

Visit [SilverSneakers.com/FitCheck](https://www.silversneakers.com/FitCheck) or call 1-888-423-4632 (TTY: 711) Monday – Friday 8 a.m. – 8 p.m. to find a participating location¹, and go enjoy a class² or use the amenities.

You can also find your personal SilverSneakers® ID number at [SilverSneakers.com/FitCheck](https://www.silversneakers.com/FitCheck), and write it in the spaces below to take to the participating location.

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Always talk with your doctor before starting an exercise program.

1. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

References: Jones, C. J., & Rikli, R. E. (2002). Measuring functional fitness of older adults. *The Journal on Active Aging*, 24-30. Rose, D. J. (2010). *FallProof! : a comprehensive balance and mobility training program*. Champaign: Human Kinetics. The three fitness assessments covered in this document were taken from The Senior Fitness Test developed by Rikli and Jones. Percentile norms are for men and women ages 60-94 years.

