




	IT Program Testing: Sufficient Levels	
Physical Tasks	Test	The Simple Why?
Ability to walk a mile	Can you walk a brisk mile in 17 minutes or faster (> 3.5 mph)? If >59 years old >3.1 mph is acceptable.	A healthy person should be able to walk a brisk mile.
Ability to climb 4 flights of stair	Can you climb up four floors without stopping. If >59 years old three floors is acceptable. Steps per Flight: 13 to 15 steps	Performance on a stair climbing test predicts the risk of death from cardiovascular disease, cancer, and other causes. Stair climbing can be a great form of vigorous exercise.
Ability to get up from the ground	Can you get off the floor somewhat easily. One study suggest a desirable level is where you can sit onto the floor from a standing position with no more than one point of contact such as using your hands, knee, or arm to help you. Then stand back up without using no more than one point of contact to help yourself back up. The Healthy Fit desirable level is no more than two points of contact. Did you meet or surpass the desirable level? If you are older than 59 allow three points of contact.	The ability to get up from the ground and essential to accomplish many physical acts and is essential if you have a fall. If you can't do it, your health and longevity may be at risk.
Ability to get up from a chair	How many squats can you accomplish onto a standard chair in 30 seconds with good form? Healthy men > 19 and women > 17 in 30 seconds is a desirable level. If >59 years old >15 is acceptable.	Adequate leg power is required for many activities of daily living.
Arm and Grip Strength	How many arm curls can you do in 30 seconds? A male should be able to do >22 reps with a 8 pound weight (a gallon of water is 8.3 pound), while a female should be able to do 19 with a five pound weight. A >59 year old male should be able to do >12 reps with a 8 pound weight, while a female should be able to do 10 with a five pound weight.	Adequate strength is required for many activities of daily living. See below for other tests.
Overhead Lift Test	For functional health, the ability to lift a moderate amount of weight overhead with no pain (e.g., a gallon of water, which weighs about 8.3 pounds or 3.8 kg) is a good indicator of basic strength and mobility. See picture on hand position.	
Counter Top Pushup Test	For functional health, the ability to perform 10 counter top push ups with no pain is a good indicator of basic strength and mobility. See picture	
Split Squats / Lunge Test	For functional health, the ability to perform several 3/4 depth lunges with no pain is a good indicator of basic strength and mobility. Picture is a 90 degree lunge. Go to 20 degrees above.	
	<u>See More Here</u>	