

Track Your Strength to Age Well with Confidence

Compare your results to age-based norms and track your progress toward ageing well.

Sit to Stand x 5

| Age | Male | Female |
|---------|----------|----------|
| 60 - 69 | 11.4 sec | 11.4 sec |
| 70 - 79 | 12.6 sec | 12.6 sec |
| 80 - 89 | 14.8 sec | 14.8 sec |
| 90+ | 16.7 sec | 16.7 sec |

Sit to Stand for 30 sec

| Age | Male | Female |
|---------|-------|--------|
| 60 - 69 | 12-19 | 12-16 |
| 70 - 79 | 11-17 | 10-15 |
| 80 - 89 | 8-15 | 8-14 |
| 90+ | 7-12 | 4-11 |

Timed Up & Go

| Age | Male | Female |
|---------|----------|----------|
| 60 - 69 | 8 sec | 8 sec |
| 70 - 79 | 9 sec | 9 sec |
| 80 - 89 | 10 sec | 10 sec |
| 90+ | 11.5 sec | 11.5 Sec |

Bicep Curl for 30 sec

| Age | Male (4 kg) | Female (2 kg) |
|---------|----------------|------------------|
| 60 - 69 | 15-22 | 12-19 |
| 70 - 79 | 13-21 | 11-17 |
| 80 - 89 | 11-19 | 10-16 |
| 90+ | 10-14 | 8-3 |

Track Your Strength to Age Well with Confidence

Your Results. Re-test yourself in 6-8 weeks' time to track your progress.

Name |

Age |

| Exercise | Date | Date | Date |
|-------------------------|------|------|------|
| Sit to Stand x 5 | | | |
| Sit to Stand for 30 sec | | | |
| Timed Up & Go | | | |
| Bicep Curl for 30 sec | | | |

Home Exercise Program

This is general advice only. For more information on how Catholic Homes can support your health journey, please contact us on 1300 244 111.