Fitness Checks

There are 3 Checks/Tests we do:

- Timed Up and Go (TUG)
- Biceps Curl
- Chair Stand
Fitness Checks:
Know your Participants’ Strength, Balance and Mobility Status

Rationale

• Timed up and Go
  Single most important test to evaluate mobility and risk of falling

• Biceps Curl
  We need our arms to maintain balance and prevent trips from becoming falls

• Chair Stand
  Leg strength is essential for balance, mobility and independence (walking, driving, ADLs)
Benefits of regular objective testing:

- The instructors – keep familiarized with all participants
- The participants – see progress and share with doctors, etc.
- The facility – reassurance of the quality and safety of program
- The SAIL program – can send data for analysis
- National Centers on Aging relates that regular objective testing is important when “designing safe and effective physical activity programs.”
Required Equipment

- Gait belt
- Stop watch
- Tape measure
- Tape
- Cone (or similar)
- 8lb weight
- 5lb weight
Timed Up and Go
To assess walking ability and balance.

1) Participant starts seated.
2) Stands, walks around a cone placed 8 feet from chair, returns to chair and sits down.
3) Time is noted.
4) Test is repeated.
5) Fastest time is recorded.
Preparation

- Chair against wall
- Adhesive tape in front of chair legs
- Tape measure hooks over inside of tape
- 8 foot – small piece of tape with furthest edge at 8 foot mark/line
Preparation, continued

- Furthest edge of cone placed at furthest edge of tape
  - ie. exactly 8 feet from the chair legs
- Remove tape in front of chair
- Put gait belt on participant
- Gait belt stays on during ALL fitness checks.
**Cueing and Execution**

- Demonstrate each activity once.
- “Are you ready? Go!”
- Start timer on the word “go”
- Walk with the participant
- Walk on the outside – if they fall, it will be into the turn
Stop the timer when their bottom touches the chair.

Remind participant that you cannot stop the clock until they sit down.

Repeat the test

Record fastest score
Bicep Curl

To assess arm strength

1) Participant is seated, sitting up straight, dominant arm hanging straight down, palm facing forwards, holding:
2) 5lb weight for female
3) 8lb weight for males
4) Biceps curls continues for 30 seconds.
5) Number of biceps curls recorded.
Correct Form

- Sit up straight with arm perpendicular to the floor as start position
- Shoulder relaxed
- Elbow stays at side
- Palm facing forward
- Strong wrist – do not bend wrist
- Try to touch shoulder
- Watch their face – remember: no pain
Additional Tips

- If no chair without arms is available – adapt
- Test ROM before handing over the weight
- All the way up and all the way down counts as one.
- If half way down at 30 seconds – counts as one
Chair Stand
To assess leg strength

1) Participant starts seated, arms folded across chest.

2) Stands up and sits down repeatedly for 30 seconds.

3) Number of chair-stands recorded.
Preparation

- Chair against wall
- Participant sitting towards front of chair
- Arms folded across chest (or similar)
- Stand all the way up and sit all the way down
Remember...

- Encourage/correct form if not standing or sitting fully

- If half way to a stand at 30 seconds – it counts as one
When should I do them?

- Ideally: baseline **within 2 weeks of starting class**
- Regular checks in your class = twice per year
- Instructor copies kept at facility
- Great Motivation!
- **FYI:** Some participants will want their own copy and will monitor their own progress
- Encourage participants to share their results with their physician.
Thank you!