



Take this fitness assessment* today!

[Click here for details and videos for each segment](#)

**Disclaimer: These are not medical tests designed to diagnose or treat! Consult your Doctor and a fitness professional before starting a new program.*

Body Fat Percentage _____ %

12 min walk/run _____ Your score

Warm up and then walk or run as far as you can in 12 minutes. Use [Map My Run](#) for easy tracking.

	Age 40-49	Age 50-59	Age 60-69
Poor	<1.17	<1.09	<1.02
Fair	1.19-1.25	1.11-1.17	1.05-1.10
Average	1.29-1.37	1.19-1.26	1.12-1.18
Very Good	1.40-1.49	1.29-1.37	1.21-1.27
Excellent	>1.50 miles	>1.40 miles	>1.30 miles

Upper Body-Push Up Test _____ Your score

Men on your toes and ladies on your knees. Lower the upper body to a point where your elbows are at 90 degrees. Hand or wrist injury? Use a set of weights to prevent the wrist from flexing.

	Age 40-49	Age 50-59	Age 60-69
Poor	4	1	1
Fair	5-10	2-6	2-4
Average	11-14	7-10	5-11
Very Good	15-23	11-20	12-16
Excellent	> 24	>21	>17

Core-Plank Test _____ Your score

Place your hands directly under your shoulders and stand on your toes. Same as in the push-up position, keep your behind level with your upper body. Use your phone as a timer.

	Age 40-49	Age 50-59	Age 60-69
Poor	< 60 sec	<45 sec	<30
Fair	60 sec	45 sec	30 sec
Average	90 sec	60 sec	45 sec
Very Good	2 min	90 sec	60 sec
Excellent	>3 min	>2 min	>1.5 min

Lower Body-Wall Sit Test _____Your score

Move your feet away from the wall and lower your legs to 90 degrees. Use your phone as a timer.

	Age 40-49	Age 50-59	Age 60-69
Poor	<9 sec	<6 sec	<4 sec
Fair	10-18 sec	7-13 sec	5-11 sec
Average	19-26 sec	14-17 sec	12-16 sec
Very Good	27-33 sec	18-24 sec	17-23 sec
Excellent	>33 sec	>24 sec	>23 sec

Flexibility _____Your score

Sit flat on the floor, knees bent and hold onto your ankles. Attempt to straighten your knees.

Poor: Knees are completely bent with heels close to buttocks

Fair: Knees bent in wide “V” position; heels slightly away from buttocks

Average: Knees are slightly bent; heels are far away from buttocks

Very Good: Knees have a soft bend, nearly straight

Excellent: Knees are straight and you can extend your hands beyond your toes

Balance-Eyes Open _____Your score

Stand on one foot-Barefoot with feet about shoulder width apart. Lift one leg and then hold as long as possible. Repeat on the other side. Use your phone as a timer.

	Age 40-49	Age 50-59	Age 60-69
Poor	< 20 sec	<15 sec	<10 sec
Fair	20 sec	15 sec	10 sec
Average	40 sec	35 sec	25 sec
Very Good	55 sec	45 sec	35 sec
Excellent	>55 sec	>45 sec	>1.5 sec

Balance-Eyes Closed _____Your score

Average	7 sec	5 sec	3 sec
----------------	-------	-------	-------

*Most assessments for people over 70 are based solely on functional movements for daily living versus athletic performance. It's best to consult a physician or fitness professional to determine your individual needs.

What's the best way to achieve optimal health and wellness when you are over 50?

Join me every Tuesday @ 6pm Pacific on [Facebook Live](#)

Train Smart, Live Bold, Age Well