

MODULE 8**ADVANCE PLANNING AND SELF-MANAGEMENT****30 (60) Second Sit-to-Stand Test**

The Sit-to-Stand Test gives a measure of lower body strength and endurance.

Only perform this test if you are at your normal health condition and have been for 2 weeks. Do your best, go at your personal pace, be safe.

If you feel lightheaded, weak, or dizzy, stop the test.

Equipment needed

- A chair without arms (like a kitchen chair or folding chair)
- Stopwatch ([Online stopwatch](#))

Instructions

1. Sit in the middle of the chair
2. Place your hands on the opposite shoulders crossed at the wrists
3. Keep your feet flat on the floor
4. Keep your back straight, and keep your arms over your chest
5. On “go” rise to a full standing position, then sit back down again
6. Repeat this for 30 seconds (or 60 seconds), and record the number of completed attempts.



If you have a high fall risk, ask a friend or family member to stay with you while performing the test.

EVALUATION**Start of the Program**

Completed: _____

Oxygen flow rate (if applicable): _____ LPM

Rate of Perceived Exertion: _____

EVALUATION**End of the Program**

Completed: _____

Oxygen flow rate (if applicable): _____ LPM

Rate of Perceived Exertion: _____