

## Self-Assessment: 30 (60) 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 own pace, be safe.

### What you need

- A chair without arms (like a kitchen chair or a folding chair)
- A stopwatch or timer

▶ If you are at risk of falling, ask a friend or family member to stay with you while performing the test.

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

### 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 below.



### Results

#### When starting the program

# completed:   
O<sub>2</sub> flow rate (if applicable):  LPM  
Rate of perceived exertion (0-10):

#### At the end of the program

# completed:   
O<sub>2</sub> flow rate (if applicable):  LPM  
Rate of perceived exertion (0-10):