



This guide shows you how to carry out two simple physical tests to check a person’s strength and balance. People are generally interested in completing these tests and tracking their own progress. Encourage people to do them every week. And in between times, encourage them to move more often every day including standing up and sitting down as often as possible.

### Standing Balance

This is a simple balance test to see how long someone can stand on each leg. Good balance is essential to prevent falls.

#### Equipment

- a flat, non-slip surface
- \* stopwatch

#### How to do the test

Ask the person to stand on one leg for as long as possible, without holding onto a support. Repeat for the other leg.

Let the person practice before they start so that they do it safely. Then time how long they balance with their foot off the ground.

Stop timing as soon as someone hops, wobbles, or loses their balance by, putting it on the ground, putting hands down for support or repositioning the foot they are standing on.

Record the scores in the table



#### Amount of time I can balance on one leg

|           |  |  |  |  |  |  |  |  |  |
|-----------|--|--|--|--|--|--|--|--|--|
| Date      |  |  |  |  |  |  |  |  |  |
| My Score: |  |  |  |  |  |  |  |  |  |



**Sit to stand**

This test measures leg strength and endurance. Leg strength and endurance is essential to prevent falls

*Equipment*

- A stable chair with a straight back or an armchair with a straight back (for those who cannot stand without using their arms)
- A stopwatch

*How to do the test*

Ask the person to check if they can stand up independently without using their arms.

Ask the person to sit in the middle of the chair, with feet apart to help maintain balance when they stand up.

- Cross their arms, putting their hands on the opposite shoulder.  
*This is preferable*

Or

- Use their arms to push into a standing position (only if the person cannot stand up without using their arms)



Tell the person “When I say ‘1, 2, 3, go’ I want you to stand up and then sit down again. Try and stand and sit back down as many times as possible while I time you for 30 seconds.” Encourage the person to continue to sit and stand throughout the test.

If the person is over halfway to a standing position at 30 seconds, count it as a stand.

Log the number of times the person stands in 30 seconds. Note if the person used their arms to push into a standing position. This is because a person’s score can decrease over time as they build up their strength enough to be able to stand up without using their arms.

Number of times I can stand up and sit down in 30 seconds

|                               |  |  |  |  |  |  |  |  |  |
|-------------------------------|--|--|--|--|--|--|--|--|--|
| Date:                         |  |  |  |  |  |  |  |  |  |
| My Score:                     |  |  |  |  |  |  |  |  |  |
| Did I use my arms to push up? |  |  |  |  |  |  |  |  |  |