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## WELLNESS, HEALTH & FITNESS

### Fit or Frail?

By Joan Maiden



Do ever wonder how your fitness level stacks up to other people your age or how at risk you are for a fall? Here is a simple test to see if you are fit or frail.

- 1) Sit in a chair with your back to the chair and arms resting on the arm rest.
- 2) Stand up from the chair and walk a distance of ten feet.
- 3) Turn around, walk back to the chair and sit down again.

Timing begins when your start to rise from the chair and ends when you return to the chair and sit down. You may take the test three times and average your time.

Prediction rating by seconds

- 10 Freely mobile
- 20 Mostly independent
- 20-29 Variable mobility
- 30 Impaired mobility

It has been shown that those who take over twelve seconds to complete

the test are at a higher risk of falling. Simply to stand up and balance uses

**Simply to stand up and balance uses about three hundred different muscles which is why building muscle is critical for mobility and to prevent falls.**

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So what can you do? Here are two simple exercises you can do at home to start you on the road to becoming stronger.

Counter Pushups: Stand about 2-3 feet from your kitchen counter or sturdy table. Place your hands on the counter. Bend from your elbows to lower your chest to the counter.

Straighten your arms and push yourself back upright. Try to keep your body as straight as possible. Pushups help develop upper body strength.

Squats: While standing at your kitchen counter, place a chair 2-3 feet behind you. If you need, place your hands on the counter for support. Push your butt backwards like you are going to sit in the chair. Just before you get there, stand back up. Squats build leg and lower body strength.

Do each exercise as many times as you can and try to increase the number of repetitions. These two simple exercises will start you on the road to becoming stronger and reduce your risk of falling.

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