

BALANCE TEST

POSITION

Stand arms length away from a stable surface (for e.g. a wall)
Cross your arms across your chest
Lift up one leg and when you are ready, close your eyes and start to count

The test is “over” if you place your foot down, if you uncross your arms from your chest, if you lean over more than 45 degrees from upright or if you move your foot from its starting position. Do the test 3 times and take an average for your score.

The following list outlines what “time target” you should expect to reach, according to your age.

20 to 49 years = 22 to 28 seconds
50 to 59 years = 21 seconds
60 to 69 years = 10 seconds
70 to 79 years = 4 seconds
80 years and older = most cannot do it at all

Reference:

Marilyn Moffat and Carole B. Lewis “Age-Defying Fitness” (Peachtree Publishers)