

4 FITNESS TESTS

Linked to a Longer Life

Want to live longer? Test yourself on these four elements of fitness, which are linked with longer lifespans. Then try the exercise tips to help improve your results.



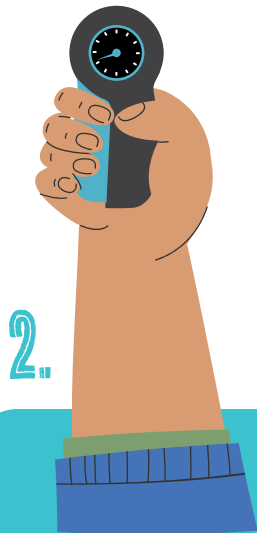
1.

Balance

WHY IT'S IMPORTANT: Better balance means less chance of a fall.

TEST IT: Try to stand on one leg with no support for 10 seconds.

IMPROVE IT: Walk heel-to-toe or try tai chi or yoga.



2.

Hand Grip Strength

WHY IT'S IMPORTANT: Grip strength is a good indicator of overall physical fitness.

TEST IT: Use a dynamometer—a tool that measures grip strength.

IMPROVE IT: Squeeze a rubber ball as hard as possible.



3.

Mobility

WHY IT'S IMPORTANT: Good mobility helps you stay independent and active.

TEST IT: Time yourself as you rise from a seated position, walk about 10 feet, turn, walk back, and sit again. (Faster time = better mobility.)

IMPROVE IT: Dance—especially if it's with a partner or in a group.



4.

Heart and Lung Endurance

WHY IT'S IMPORTANT: Good endurance gives you higher energy and helps avoid cardiovascular diseases.

TEST IT: See how far you can walk in six minutes.

IMPROVE IT: Climb stairs, jog, swim, or do yard work.

