

Functional Fitness Scorecard

4/24/2025 1:31pm

Fran Fitness

Live Smart: Functional Fitness Scorecard

Participant Name

Fran Fitness

Date Tested

04/24/2025

Thank you for participating; below are your results. This provides baseline information for both cognitive and physical fitness. Each test is a standardized assessment, and the percentile rankings are compared to normative data. These scores identify strengths and areas of opportunity.

Your overall result is **Average**.

Based on your results, wellness programming and exercise will be most beneficial for you. We recommend that you consult with your wellness provider and/or physician if you experience any changes.

Chair Stand

Lower body strength is important for activities such as getting out of a chair, getting out of the car, going up and down stairs, or rising from a kneeling position in the house or the garden.

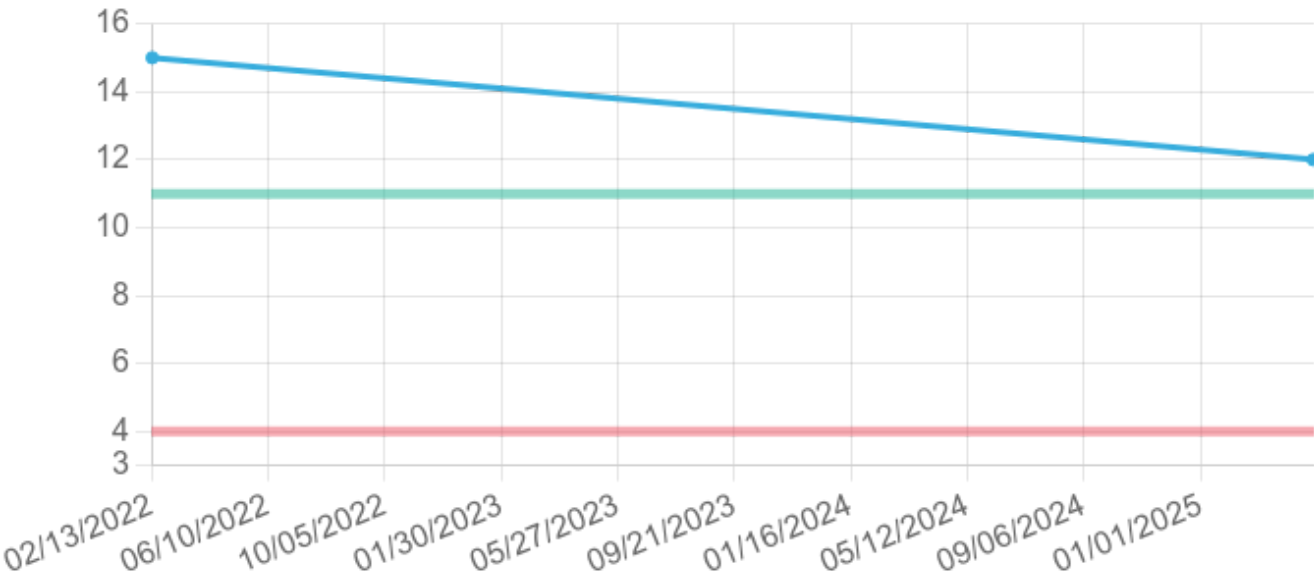
This test assesses lower body strength by counting how many times you can sit down and stand up in 30 seconds.

Score

12

Your Score:
Above Average

Recommendation:
Congratulations! You scored very well on the Chair Stand test. Your score indicates that you have very good lower body strength. To maintain your strength, continue with your wellness regimen.



Arm Curl

Upper body strength is important for activities such as carrying laundry, groceries, or luggage, and picking up grandchildren and pets. A lack of upper body strength could keep you from pouring milk from a jug, going grocery shopping, or lifting items from the car or cabinets.

This test assesses upper body strength by counting how many arm curls you can do in 30 seconds with a weight in your hand.

Score
19

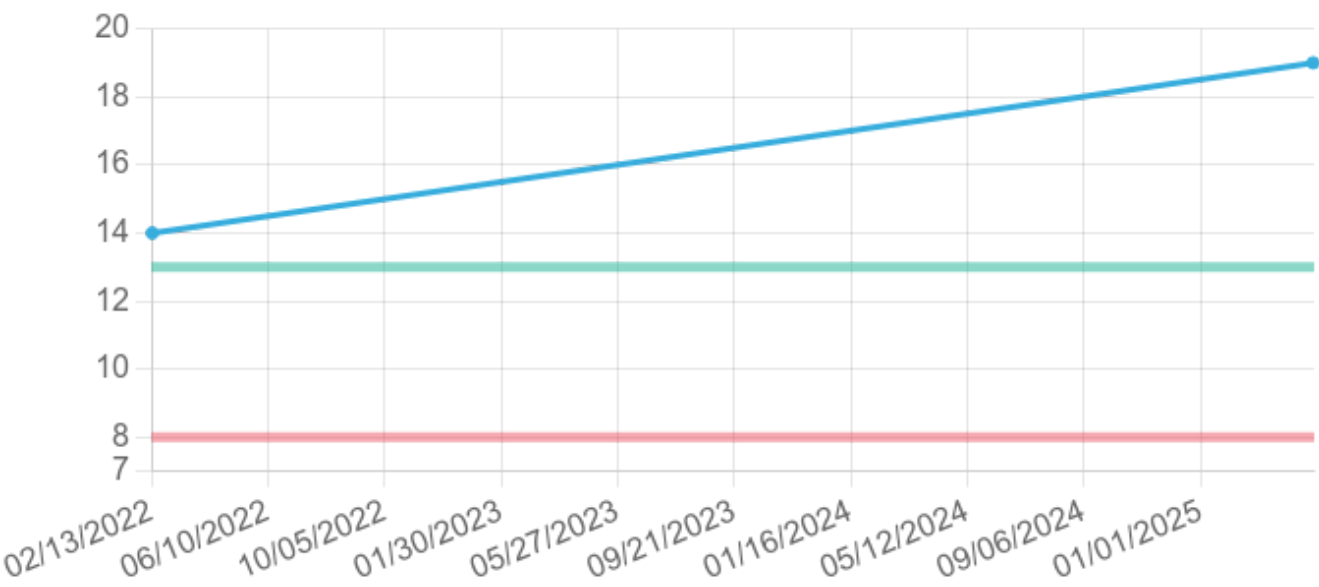


Your Score:

Above Average

Recommendation:

Congratulations! You scored very well on the Arm Curl test. Your score indicates that you have very good upper body strength. To maintain your strength, continue with your wellness regimen.



Sit & Reach

Lower body flexibility is important for preventing lower back pain. It also plays a role in your balance, posture, fall prevention, and walking safely.

This test assesses your lower body flexibility by measuring (in inches) how far you can reach towards your toes.

Best Score

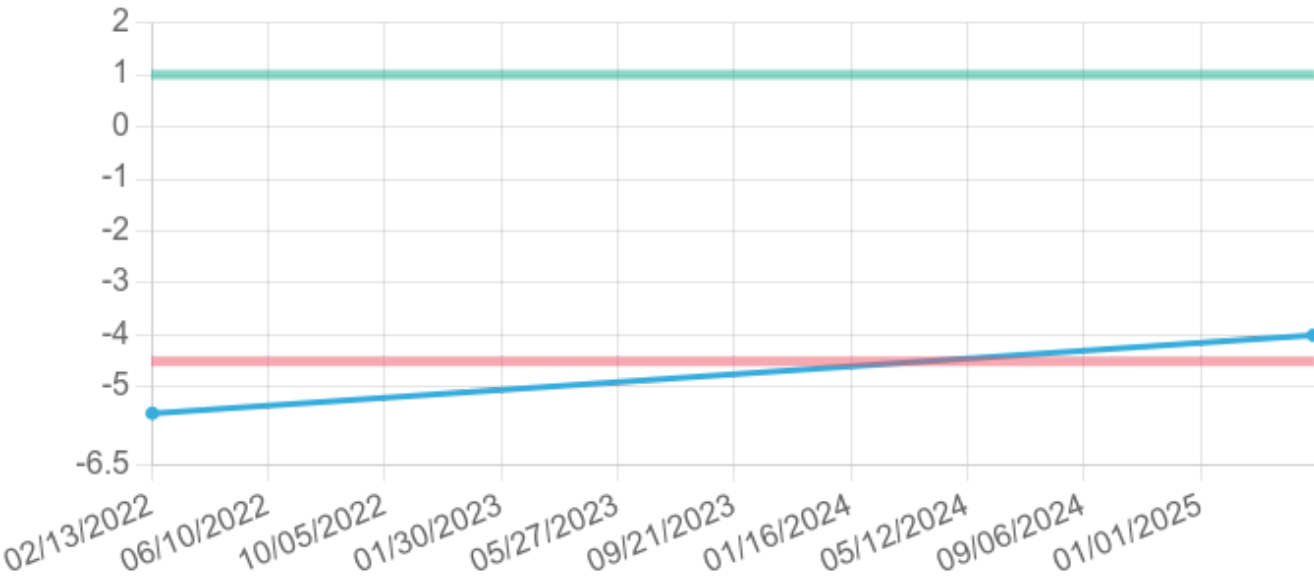
-4

Your Score:

Average

Recommendation:

Compared to your peers, your flexibility is average. Your score indicates that you have good flexibility but could be better. To improve, consult with your physician or wellness provider about adding stretching to your routine.



Back Scratch

Upper body flexibility affects your ability to reach for items that may be high on a shelf or across a table. Maintaining flexibility in your upper body is important to continuing to live independently.

This test assesses your upper body flexibility by measuring (in inches) how close you can touch your hands over one shoulder and behind your back.

Best Score

-12

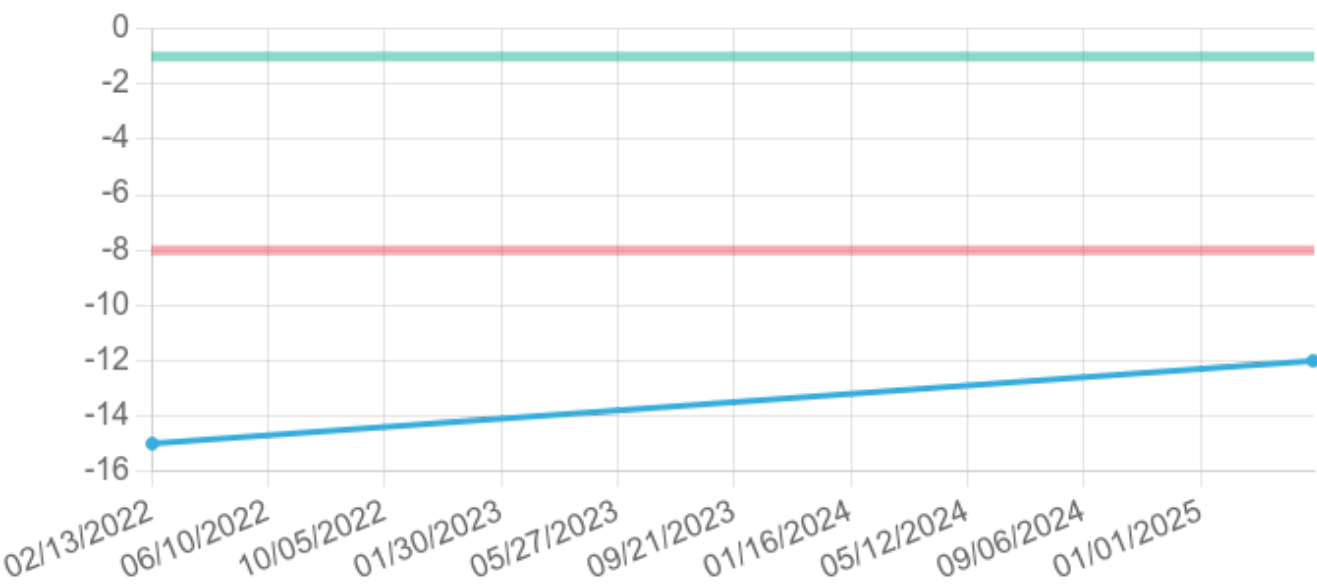


Your Score:

Below Average

Recommendation:

Compared to your peers, your flexibility is below average. Below-average flexibility can affect posture and increase your risk of falling. To improve, speak with our staff and your physician about appropriate exercises and therapy options.



8-Foot Up & Go

Dexterity is important for activities such as walking through crowds, moving in unfamiliar environments or across changing terrain, and crossing the street before the light changes. The better your balance is, the more confident you will be when traveling outside your home and living an active life. Your speed and balance directly affect your self-assurance as you go about your daily activities.

This test assesses your response time, agility, and balance by measuring how quickly you can cross an 8-foot distance (and back) from a seated position.

Best Score

11.7

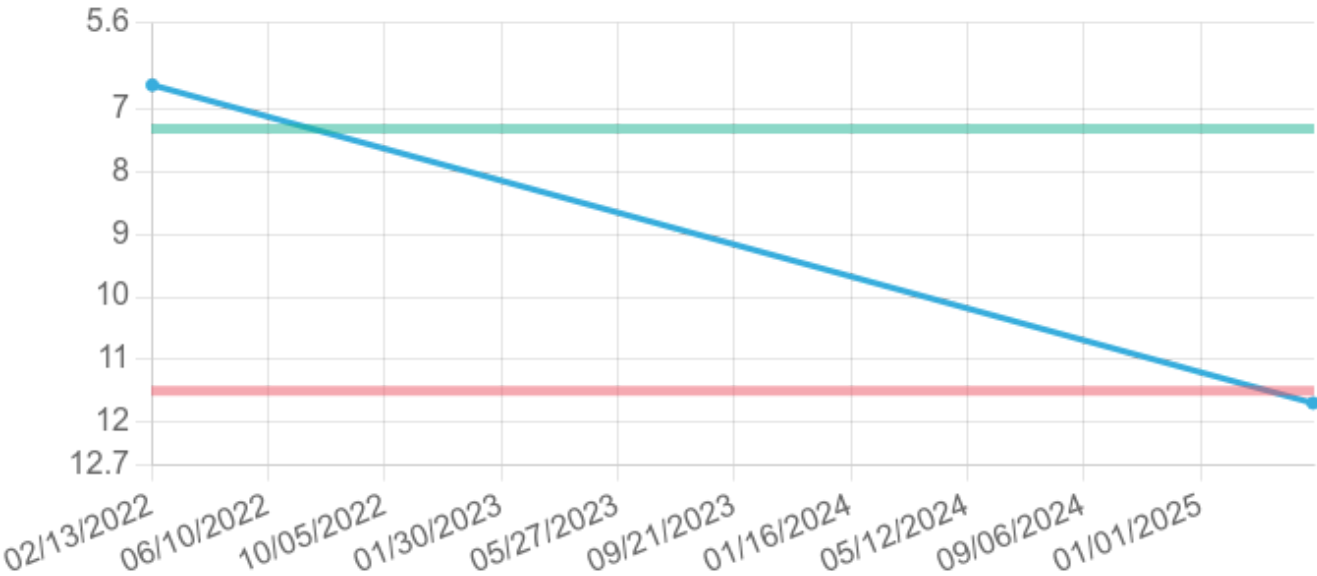


Your Score:

Average

Recommendation:

Compared to your peers, your response time, agility, and balance are average, but they could be better. To improve, consult with your physician or wellness provider about appropriate exercises.



2-Minute Step Test / 6-Minute Walk Test

Endurance is important for activities such as shopping, walking for a distance, or traveling. The more physical stamina you have, the more energy you will have to do the things you enjoy with less fatigue. Your endurance affects your ability to perform many of your daily activities and maintain independence.

This test assesses your stamina by counting how many high-knee steps you can take while marching in place for 2 minutes.

Score
97

Your Score:

Above Average

Recommendation:

Congratulations! You scored very well on the 2-Minute Step test. Your score indicates that you have very good endurance and stamina. To maintain, continue with your wellness regimen.

