



Exercise of the Month--Sit to Stand

An effective way to increase leg power and strength is right in your living room! The sit to stand exercise improves strength and power in your gluteal and quadriceps muscles, and is done like this:

1. Sit in a sturdy chair that won't slide.
2. Fold your arms.
3. Stand up without using your arms and without bracing your legs against the back of the chair.
4. Come to a complete stand and straighten your knees fully, then sit back down without using your hands.
5. Quickly repeat the sit to stand, doing as many repetitions as possible for 30 seconds.

Too hard? Try it from a higher chair or the edge of a bed.

Too easy? Increase the difficulty by trying it from a lower chair.

Test yourself—The Five Times Sit To Stand

Using a stop watch (or the second hand on a clock), stand up and sit down five times as fast as possible from a sturdy chair, with your arms folded across your chest.

Look up your score below:

Age	Time (in seconds)
20-29	7.5
30-39	8.0
40-49	8.0
50-59	8.25
60-69	9.0
70-79	9.3

