

Tests for grown-ups

Following are charts of norms adapted from measures used by health and fitness professionals. We offer them for infotainment only. Before beginning any exercise program or taking any fitness test, consult your physician. For a more thorough assessment of fitness, and for assistance in developing an exercise plan appropriate for your level, consult a certified personal trainer or other fitness professional.

Cardiovascular: One-mile walk (time, in minutes)

	Under 40		Over 40	
	Men	Women	Men	Women
Excellent	13:00 or less	13:30 or less	14:00 or less	14:30 or less
Good	13:01-15:30	13:31-16:00	14:01-16:30	14:31-17:00
Average	15:31-18:00	16:01-18:30	16:31-19:00	17:01-19:30
Below average	18:01-19:30	18:31-20:00	19:01-21:30	19:31-22:00
Poor	19:31 or more	20:01 or more	21:31 or more	22:01 or more

Adapted from the Cooper Institute

Strength: Push-ups (number completed without rest)

	30-39		40-49		50-59		60-69	
	Men	Women	Men	Women	Men	Women	Men	Women
Excellent	30 or more	27 or more	22 or more	24 or more	21 or more	21 or more	18 or more	17 or more
Above average	22-29	20-26	17-21	15-23	13-20	11-20	11-17	12-16
Average	17-21	13-19	13-16	11-14	10-12	7-10	8-10	5-11
Below average	12-16	8-12	10-12	5-10	7-9	2-6	5-7	1-4
Poor	11 or fewer	7 or fewer	9 or fewer	4 or fewer	6 or fewer	1	4 or fewer	0

Adapted from Fitness Canada, American Council on Exercise

Strength: Curl-ups (number completed in 60 seconds)

	36-45		46-55		56-65		Over 65	
	Men	Women	Men	Women	Men	Women	Men	Women
Excellent	60 or more	54 or more	61 or more	48 or more	56 or more	44 or more	50 or more	34 or more
Good	48-59	42-53	52-60	37-47	48-55	35-43	38-49	31-33
Above average	43-47	35-41	44-51	33-36	41-47	27-34	31-37	26-30
Average	33-42	30-34	36-43	30-32	33-40	23-26	26-30	21-25
Below average	29-32	23-29	29-35	25-29	28-32	18-22	22-25	16-20
Poor	28 or fewer	22 or fewer	28 or fewer	24 or fewer	27 or fewer	17 or fewer	21 or fewer	15 or fewer

Adapted from the YMCA, American Council on Exercise

Flexibility: Sit-and-reach (in inches)

	36-45		46-55		56-65		Over 65	
	Men	Women	Men	Women	Men	Women	Men	Women
Above average	17 or more	19 or more	15 or more	18 or more	13 or more	17 or below	13 or more	17 or more
Average	15-16	17-18	13-14	16-17	11-12	15-16	10-12	15-16
Below average	13-14	15-16	10-12	14-15	9-10	13-14	8-9	13-14
Poor	12 or less	14 or less	9 or less	13 or less	8 or less	12 or less	7 or less	12 or less

Adapted from American College of Sports Medicine