



# ASSESS YOUR PHYSICAL FITNESS

Aerobic Fitness, Strength, Balance & Flexibility are important for overall health. Find out your fitness level with these easy and convenient self-assessments. Try the recommended exercises to improve your scores too!



Safety first! Do consult a health professional if you are unsure about your body's readiness for physical activity. Warm-up exercises should also be done before starting out on any workouts.



## BALANCE & FLEXIBILITY

Flexibility improves your mobility, allowing your joints to move through its full range of motion. Good balance can help prevent falls. Both are important in preventing injuries and helping you perform daily activities more easily.

### ASSESSING UPPER BODY FLEXIBILITY

Do you face difficulties



Reaching up to hang your laundry?



Stretching to scratch a back itch?



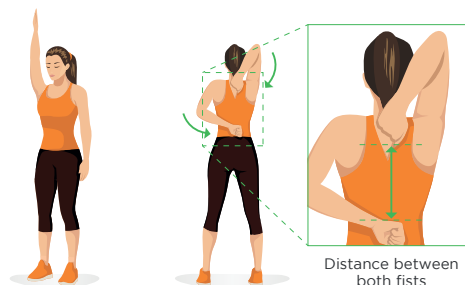
If yes, you may have stiff upper body muscles. This could be caused by inactivity or past injuries.

#### Shoulder Mobility Test

Requires assistance, no equipment.

For your safety, ensure there are no obstacles nearby before you begin.

- 1 While standing, raise your right arm.
- 2 Bend your elbow and rest your right palm between your shoulder blades.
- 3 Reach behind you with your left arm, palm facing out.
- 4 Clench both fists and bring them as close together as possible.
- 5 Repeat on the other side, with your left palm above and right arm below.



Distance between both fists

Distance between fists*	Score
One hand length	3
One and a half hand length	2
More than one and a half hand length	1

Want to improve your score? Try the exercises below!



One hand length

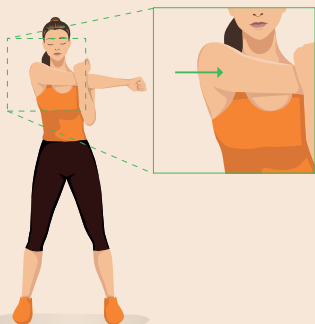
One hand length = Distance from the wrist to the tip of the middle finger when fingers are straightened and hand is held open

### IMPROVING UPPER BODY FLEXIBILITY

Complete 2-3 sets of 20-second stretches per side.

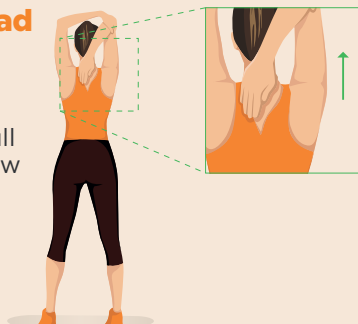
#### Cross-body shoulder stretch

Bring arm across body and pull towards your chest



#### Overhead tricep stretch

Gently pull your elbow



Scan or click the QR code for the "Stretch and Tone" video to improve your upper body flexibility, plus more exercises to stay active!

## ASSESSING LOWER BODY FLEXIBILITY

**Do you face difficulties**

☐ Climbing two steps  
in one go?

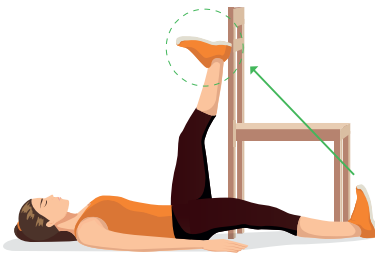
☐ Squatting down to pick  
objects off the floor?

☒ *If yes, you may have limited lower body flexibility. This could be caused by prolonged sitting or inactivity.*

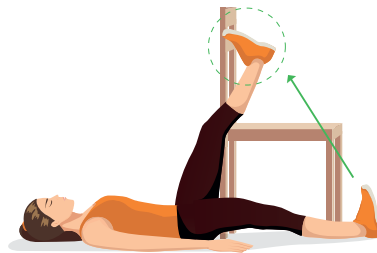
### Hamstring Flexibility Test

Requires a vertical pole/chair or table leg/door frame.

For your safety, ensure there are no obstacles nearby before you begin.



Past vertical pole



At vertical pole



Before vertical pole

- 1 Lie on a flat surface, facing upwards, with a vertical pole beside the midpoint of your thigh.
- 2 Keep your arms relaxed at your sides and both legs straight with toes pointing upwards.
- 3 Slowly lift your left leg up as high as possible, stretching the back of your thigh.
- 4 Note the position of your ankle against the vertical pole.
- 5 Repeat with your other leg.

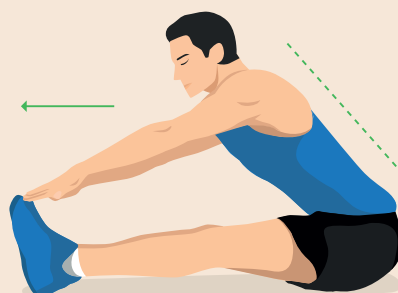
Position of ankle	Score
Past vertical pole	3
At vertical pole	2
Before vertical pole	1
Want to improve your score? Try the exercises below!	

## IMPROVING LOWER BODY FLEXIBILITY

Complete 2–3 sets of 20-second stretches.

### Sit and reach

Slowly reach  
forward as far  
as you can



Keep back  
straight



Scan or click the QR code for  
the “Stretch and Tone” video  
to improve your lower body  
flexibility, plus more exercises  
to stay active!

## ASSESSING CORE STRENGTH & BALANCE

Do you face difficulties

☐ Staying balanced on moving buses or trains?

☐ Putting on socks or shoes while standing?

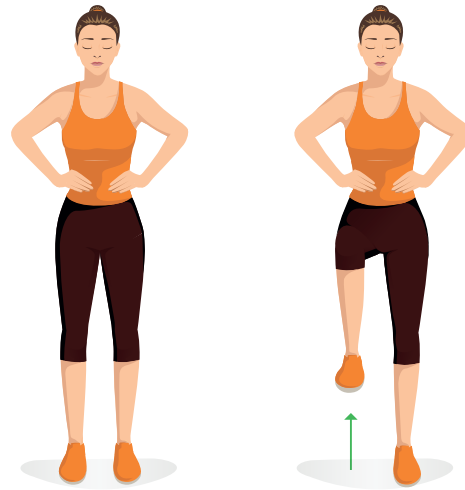
☒ If yes, you may have poor stability and balance. This could be caused by a lack of core and lower body strength.

### Single Leg Stance Test

Requires a stopwatch.

For your safety, ensure there is a wall or chair nearby that you can hold for support if needed.

- 1 Stand straight with your hands on your hips.
- 2 As you start your stopwatch, lift your non-dominant foot from the floor.
- 3 Pause the stopwatch when any of the following occurs:
  - You have reached 45 seconds.
  - Your standing leg moves to maintain balance.
  - Your non-dominant foot touches the floor or moves away from your standing leg.



Age	20-29	30-39	40-49	50-59	60-69	Score
Time (sec)	45	45	45	45	45	3
	45	45	42.1 - 44.9	40.9 - 44.9	30.4 - 44.9	2
	< 45	< 45	< 42.1	< 40.9	< 30.4	1

Want to improve your score? Try the exercises below!

## IMPROVING BALANCE

Complete 2-3 sets of 15 reps per side.

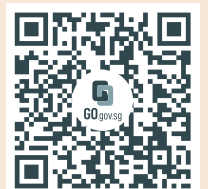
### Side leg raises with chair

Keep your body straight



Engage your glutes

Raise leg to the side in a controlled manner



Scan or click the QR code for the "Strength, Balance and Flexibility Exercise #2" video to improve your balance, plus more exercises to stay active!

# AEROBIC FITNESS

Aerobic fitness is important for your heart and lung health, helping to reduce your risk of cardiovascular diseases.

## ASSESSING AEROBIC FITNESS

**Do you feel breathless**

☐ Running around with your kids or pets?

☐ Climbing the stairs of an overhead bridge?



**If yes, you may have poor aerobic fitness. This could be caused by a lack of physical activity.**

### Step Test

Requires a stopwatch and step (e.g. stairs).

For your safety, ensure that:

- There is sufficient space behind you and something stable (e.g. a wall) nearby that you can hold for support if needed.
- The step is secure and stable enough to support you moving on and off it continuously.

**1** As you start your stopwatch, step up with your right foot, followed by your left.

**2** Step down with your right foot, followed by your left.

**3** Try to maintain a steady four-beat cycle. You may keep pace by counting “up, up, down, down” in your head.

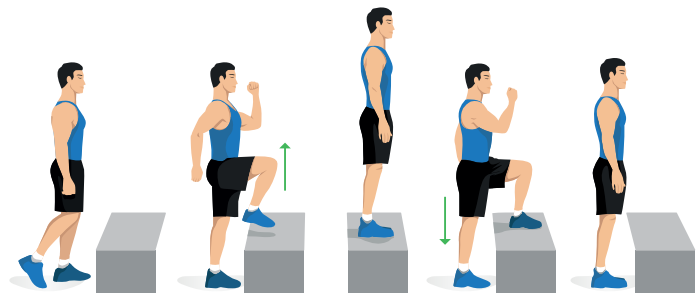
**4** At the end of 3 minutes, remain standing and immediately measure your pulse for one minute.



1. Wrist



2. Neck



Age		18-25	26-35	36-45	46-55	56-65	65+	Score
Heart Rate (BPM*)	Male	≤ 89	≤ 89	≤ 96	≤ 97	≤ 97	≤ 96	3
		90-105	90-107	97-112	98-116	98-112	97-113	2
		≥ 106	≥ 108	≥ 113	≥ 117	≥ 113	≥ 114	1
	Female	≤ 98	≤ 99	≤ 102	≤ 104	≤ 104	≤ 102	3
		99-117	100-119	103-118	105-120	105-118	103-122	2
		≥ 118	≥ 120	≥ 119	≥ 121	≥ 119	≥ 123	1

Want to improve your score? Try the exercises below!

\*Beats Per Minute

## IMPROVING AEROBIC FITNESS

Do continuously for 10-15 minutes.

**Jog on the spot**



**Take the stairs instead of the lift**



Scan or click the QR code for the “Cardio HIIT” video to improve your aerobic fitness, plus more exercises to stay active!

# STRENGTH

Strength training can help protect your joints from injury and improve your balance to prevent falls. It is important in helping you carry out daily activities with ease.

## ASSESSING UPPER BODY STRENGTH

**Do you face difficulties**

☐ Carrying groceries?

☐ Pushing a pram or wheelchair?

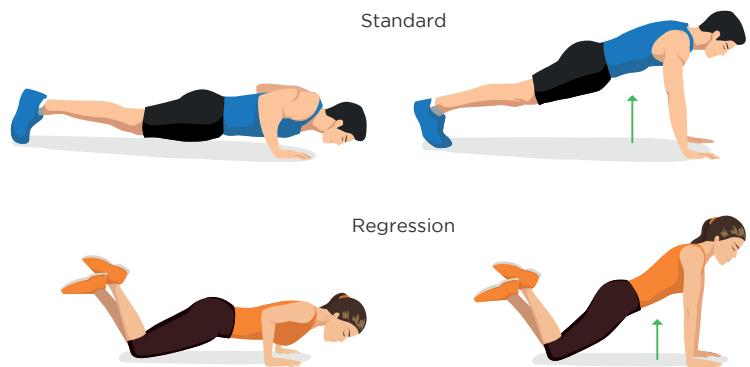
☒ *If yes, you may have poor upper body strength. This could be caused by inactivity or weak muscles.*

### Push-Up Test

No equipment required.

For your safety and comfort, consider using an exercise mat.

- 1 Get down on all fours with your knees off the ground (regression: knees on the ground).
- 2 Straighten your arms and legs, with your arms slightly wider than shoulder-width.
- 3 Lower your body until it almost touches the ground. This is your starting position.
- 4 Push yourself up, fully extending your arms to complete 1 rep. Then, lower yourself back to the starting position.
- 5 Repeat as many times as you can within one minute. If you need to rest during this time, you may only do so in the "pushed up" position.



Age:		20-29	30-39	40-49	50-59	60-69	Score
No. of push ups (1 min)	Male	≥ 45	≥ 35	≥ 30	≥ 25	≥ 20	3
		35-44	24-34	20-29	15-24	10-19	2
		≤ 34	≤ 23	≤ 19	≤ 14	≤ 9	1
	Female	≥ 34	≥ 25	≥ 20	≥ 15	≥ 5	3
		17-33	12-24	8-19	6-14	3-4	2
		≤ 16	≤ 11	≤ 7	≤ 5	≤ 2	1

Want to improve your score? Try the exercises below!

## IMPROVING UPPER BODY STRENGTH

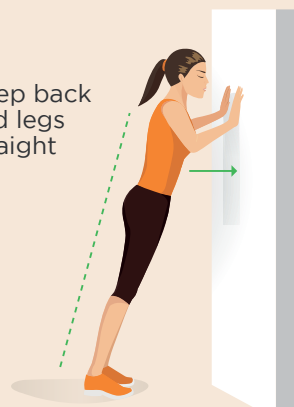
Complete 2-3 sets of 15 reps.

### Wall push-ups

Hands and feet shoulder-width apart



Keep back and legs straight



Scan or click the QR code for the "Upper Body Workout" video to improve your upper body strength, plus more exercises to stay active!

# ASSESSING LOWER BODY STRENGTH

**Do you face difficulties**

☐ Standing up from sitting on the floor or squatting?

☐ Getting out of your car?

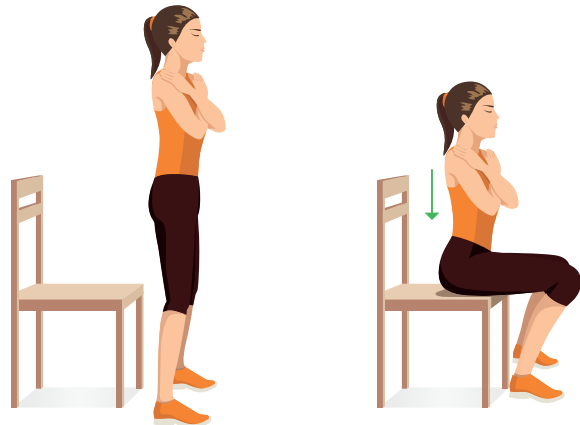
☒ *If yes, you may have poor lower body strength. This could be caused by inactivity or weak muscles.*

## Sit-to-Stand Test

Requires a stopwatch and a chair without armrests or wheels.

For your safety, position the chair against the wall before you begin.

- 1 Stand in front of the chair with your arms folded across your chest.
- 2 As you start your stopwatch, fully sit on the chair with your buttocks in contact with the seat.
- 3 Stand back up, fully straightening your legs to complete one repetition.
- 4 Complete as many repetitions as you can in 30 seconds.



Age:		20-29	30-39	40-49	50-59	60-69	Score
No. of reps (30 sec)	Male	≥ 28	≥ 29	≥ 26	≥ 24	≥ 22	3
		20-27	19-28	18-25	17-23	15-21	2
		≤ 19	≤ 18	≤ 17	≤ 16	≤ 14	1
	Female	≥ 27	≥ 25	≥ 25	≥ 22	≥ 20	3
		20-26	19-24	18-24	15-21	14-19	2
		≤ 19	≤ 18	≤ 17	≤ 14	≤ 13	1

Want to improve your score? Try the exercises below!

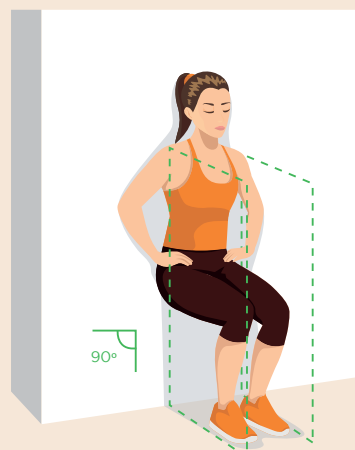
# IMPROVING LOWER BODY STRENGTH

Start by holding the position for 30 seconds, gradually increasing the duration as you progress.

## Wall squat

Keep shoulders and back on wall

Keep knees at 90°



Keep feet shoulder-width apart

Ensure knees do not extend past toes



Scan or click the QR code for the "Lower Body Workout" video to improve your lower body strength, plus more exercises to stay active!

## ASSESSING CORE STRENGTH

Do you face difficulties

☐ Sitting up after lying down?

☐ Balancing on uneven ground?

☒ If yes, you may have poor core strength. This could be caused by inactivity or weak muscles.

### Plank Test

Requires a stopwatch.

For your safety and comfort, consider using an exercise mat.



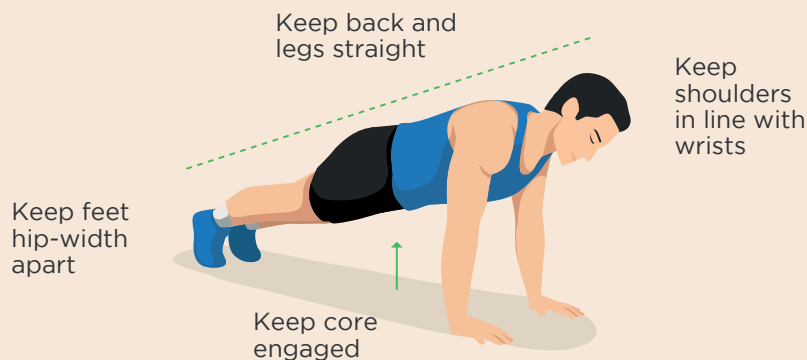
- 1 Lie on your front. Push yourself up to bear your weight on your forearms and toes, with your legs hip-width apart. Keep your back and hips in a straight line.
- 2 Start the stopwatch, keeping your body in a straight line parallel to the floor. Hold this position for as long as possible.
- 3 Stop timing when your body is lowered or you can no longer keep it in a straight line.

Age:		20-29	30-39	40-49	50-59	Score
Time (sec)	Male	≥ 139	≥ 132	≥ 114	≥ 99	3
		76-138	95-131	83-113	72-98	2
		≤ 75	≤ 94	≤ 82	≤ 71	1
	Female	≥ 118	≥ 69	≥ 60	≥ 52	3
		72-117	45-68	39-59	34-51	2
		≤ 71	≤ 44	≤ 38	≤ 33	1
Want to improve your score? Try the exercises below!						

## IMPROVING CORE STRENGTH

Start by holding the position for 30 seconds, gradually increasing the duration as you progress.

### High plank



Scan or click the QR code for the "Core Workout" video to improve your core strength, plus more exercises to stay active!



Aim to meet the recommended minimum of **150-300 minutes** of moderate-intensity aerobic physical activity and **at least 2 days** of muscle-strengthening activity weekly.