

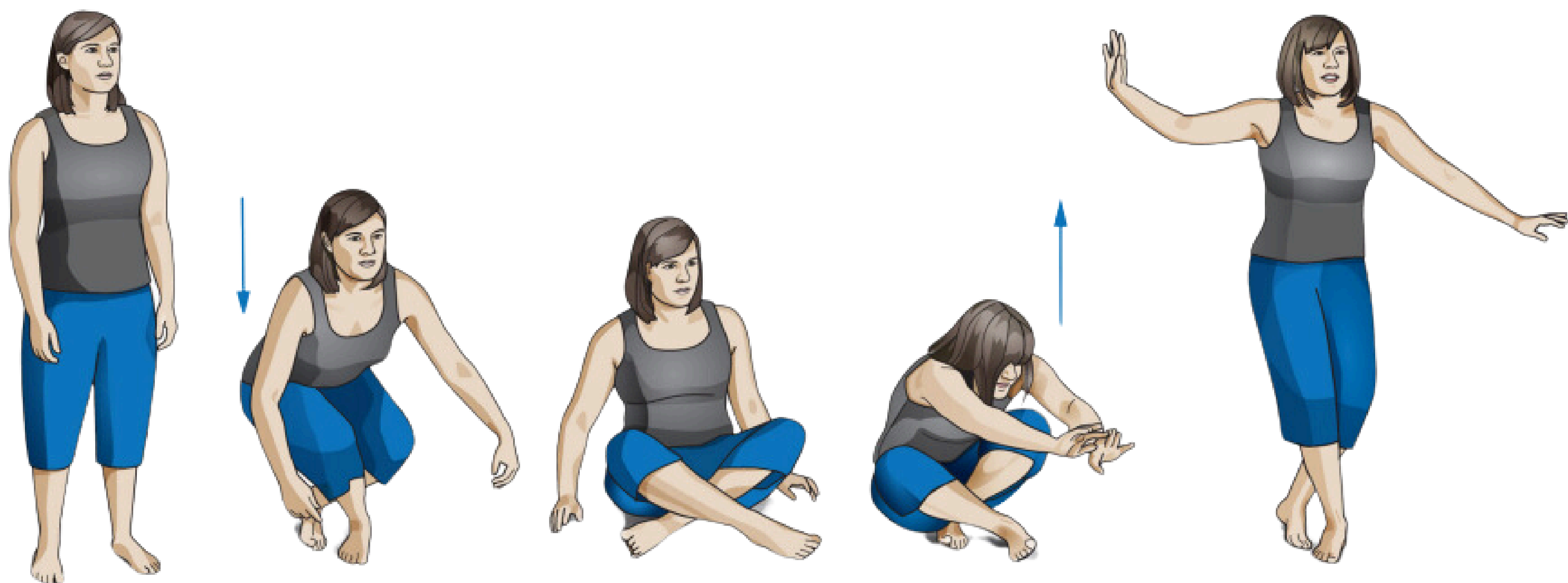
SIT-RISE TEST

BENEFITS OF BEING ABLE TO GET ON AND OFF THE FLOOR

- Build strength
- Enhance mobility and flexibility
- Improve coordination and body awareness
- Allows you to get comfortably on and off the floor
- Supports longer and healthier aging
- Become more agile and confident in everyday actions
- Prepare your body to adapt and perform well through consistent practice
- Help reduce the risk of muscle loss as you age



THE SIT-RISE TEST



In a study performed in Brazil, 2002 men and women ages 51 to 80 were followed for an average of 6.3 years. Those who needed to use both hands and knees to get up and down (whether they were middle aged or elderly) were almost seven times more likely to die within six years than those who could spring up and down without support. Their musculoskeletal fitness, as indicated by this test, was severely lacking. “It is well known that aerobic fitness is strongly related to survival,” Dr. Claudio Gil Araujo, who is a professor at Gama Filho University in Rio de Janeiro. He continues, “But our study also shows that maintaining high levels of body flexibility, muscle strength, and coordination also has a favorable influence on life expectancy.”

HOW TO COMPLETE THE SIT-RISE TEST:

1. Start by using two hands at first to stand up. Or, even use the help of a step, a couch, a stretch strap tied securely to help you get up.
2. Then, progress to using just one hand.
3. Once you gain the ability to sit and stand without the use of your hands, the possibilities are endless: hip mobility, leg and core strength, and the freedom of knowing you are independent.

Start from Standing Position, Kneel, Hinge/90-90, Sit



Hold onto something secure Hinge, Lunge



Standing Position, Crossed Legs, Slowing Descend



Schedule a free 30 minute consultation
to assess your wellness goals.

Adrien Cotton
WELLNESS EXPERT