FIVE TESTS OF AGING AFTER 60

Five simple tests linked to how long people live, from Episode 3.

WHAT THE STUDIES FOUND

☐ 1	**You walk at a normal pace**	In 34,485 adults 65 and older, each 0.1 meter per second faster went with a 12% lower death rate. At 75, predicted 10-year survival in men ran from 19% (slowest) to 87% (fastest). *(Studenski et al., JAMA, 2011)*
☐ 2	**You can still open the jar**	In 139,691 people in 17 countries, each 5 kilograms (about 11 pounds) of weaker grip went with a 16% higher death rate. *(Leong et al., The Lancet, 2015)*
☐ 3	**You stand up without your hands**	Across 33 studies, the people slowest at standing up from a chair 5 times were about twice as likely to die during follow-up as the fastest. *(Cooper et al., BMJ, 2010)*
☐ 4	**You stand on one leg for 10 seconds**	Among 1,702 people aged 51 to 75, 17.5% of those who could not do it died within about 7 years, against 4.6% of those who could, an 84% higher risk after adjustment. *(Araújo et al., British Journal of Sports Medicine, 2022)*
☐ 5	**You get up off the floor**	In 2,002 adults aged 51 to 80, people who scored 3 or less out of 10 on a sit-and-rise floor test were more than 5 times as likely to die as those who scored 8 or more. *(Brito et al., European Journal of Preventive Cardiology, 2014)*

QUESTIONS TO ASK YOUR DOCTOR

- ☐ Could you time my normal walking speed at my next visit?
- ☐ Could you measure my grip strength and tell me where I stand?
- ☐ Is my time for 5 chair stands a sign my leg strength is slipping?
- ☐ Is it safe for me to practice standing on one leg at home?
- ☐ Is it safe for me to get down to the floor and back up?
- ☐ Which of these five tests matters most for me, given my health?

Scan to watch the episode

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Findings from published studies, not a treatment plan. Informational and educational only, not medical advice. Talk to your doctor before you change your medications, diet, exercise, or health routine.